Wednesday's Jackpot
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Tuesday, May 17, 2011
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News worth sharing.

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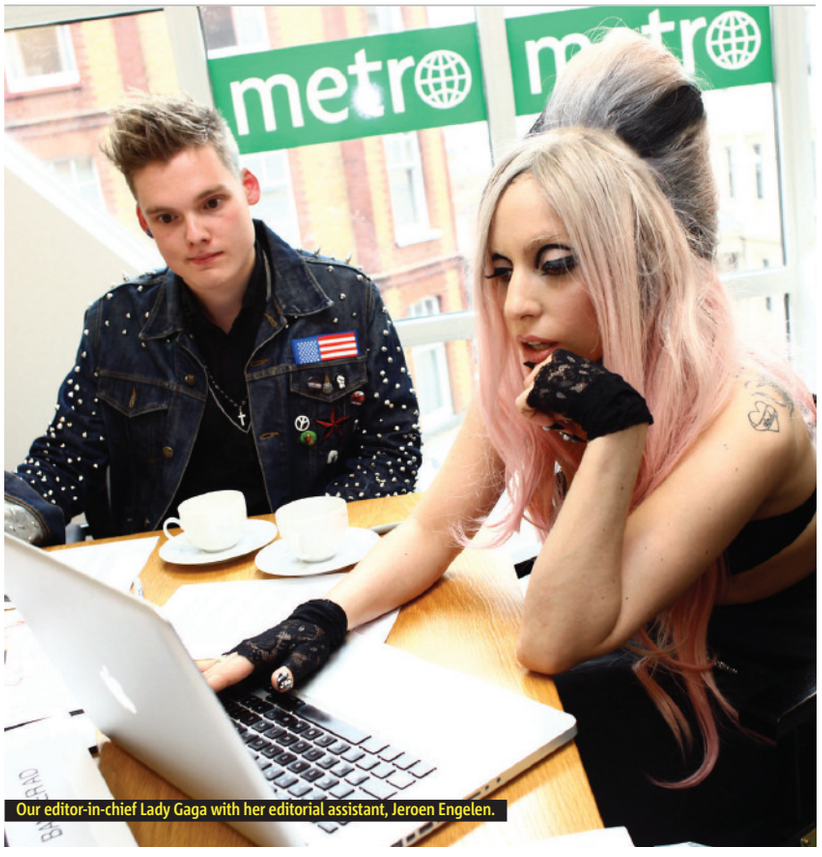
ALEX MAGUIRE



Our editor-in-chief Lady Gaga with her editorial assistant, Jeroen Engelen.

From the desk of the editor

Dear Monsters,

Let Your Identity Be Your Religion.

I am so very honoured and proud to be the editor-in-chief of Metro for the day. Not only because I can speak with you directly, but because I wish to illuminate the powerful voice of my generation and let them speak for themselves. Little Monsters are not a fan base; they are a culture that exists entirely outside of pop music. They are their own religion. They are a race within the race of humanity. The freedom and unprejudiced nature of The Monsterball, and for those who love Born This Way, spreads widely and has begun to live outside of the walls of the arena and the album charts.

I don't say this with hubris, or with intent to take ownership over this community (as in fact they created their voice, not I), but rather I'd like to posture the possibility that kindness, mobilization and pop culture can push the boundaries of love and acceptance. We are all different, and it is this fact that makes us the same.

In the most basic and scientific sense, our "way," as we were born, would be defined as cellular procreation, as I have theatrically interpreted in many of my performance pieces. So, if we were to analyze this basic formula, we could quite simply say we were born not only from each other, but we were additionally made of each other, and designed to grow together. Love is the magic ingredient, of course, to the giant petri dish of life.

In this issue, I nominated Monster ambassadors to represent each Metro country from around the world. I asked them to research, write about and identify which issues pertaining to equality and social justice affect their region the most. In this paper, I've included graphs, charts, commentary, global surveys and articles inspired and generated by Little Monsters. This piece conjures an approach to anti-bullying and equality that encourages togetherness through our shared human struggles. Metro and I beckon for those who are perhaps not affected by these challenges to help spread awareness of their reality, and act as a nurturing and compassionate force to those in need.

Be yourself, love who you are, and be proud. You were born this way, baby.

Sincerely,

LADY GAGA

Gaga's intern for a day: 'One of my biggest dreams ever'

Dear Lady Gaga,

I will read my letter to you.

I just can't believe that this dream became reality. It's like Tinkerbell's magical dust sprinkled all over me. I want to thank you from the bottom of my heart for giving me strength, the power of self respect, for your love, creativity and passionate, fashionable work. We weren't the best fans in the world without you Gaga. You made us believe in ourselves and never give up.

I feel so blessed and honoured that you chose me as your editorial assistant today, of all those little monsters across the galaxy. Yes, I think you do have admirers from outer space. I prayed every day and made a wish when I saw a shooting star on the perfect night with my friends. You're a big glittering star shining down on us, inspiring children and insecure individuals to be themselves. To fight against AIDS, and for human rights, full equality, without forgetting the devastating forces of nature (Japan). You truly deserve the title, Warrior Queen.

There are so many dreams I hope to accomplish one day. I study Graphic Design in Holland and this is my graduation year. A while ago, I was rejected at an arts academy because they said I was too good for them. It made me feel like I did not belong in this industry, although it was meant as a compliment. They said that I had to apply to a company or a brand. And now I only have three weeks to apply before summer vacation starts. Otherwise I have no job or education for a year.

One of my biggest dreams ever is to work for you, Gaga. It's so unreal that I feel guilty asking you. I know it's a lot to ask but I remember what you said and it inspired me so much to work even harder at school, to become even greater! We should always start at the bottom and do whatever it takes to climb that mountain. Scrubbing floors, cleaning toilets, doing the dishes, removing cobwebs, etc. I'll do what it takes to be a great artistic graphic designer for a lady like you.

Do you remember Pieter Henket? The photographer who shot The Fame album cover? I interviewed him for my school magazine and he told me all about you. He said to always look ahead and love the mud you're in. Because it's always hard work! It made me even more excited to tell you this. So, who knows, maybe you can use me as your intern someday?

The cover designs of the Born This Way album are true perfection. I've never seen anything like it. Nick Knight is so awesome. I love your taste, Gaga. Today, I'm going to put the utmost care into being your little assistant. I will be strong and I'm not going to disappoint you. I say, let's make some magic baby!

But I have a few gifts for you. A few from myself and one from a friend of mine. The first is the illustration above, which I drew.

Enjoy. Much love xxoo
Jeroen Engelen

Contest

The ultimate little monsters

We found the world's biggest Gaga fans and asked them why they were "born this way." "There's really no line anymore between where I begin and my fans begin," Gaga says. "We are each other."

Report

Gay rights around the world

We look at the progress — or lack thereof — internationally, with a look at the highs and lows.

Interview

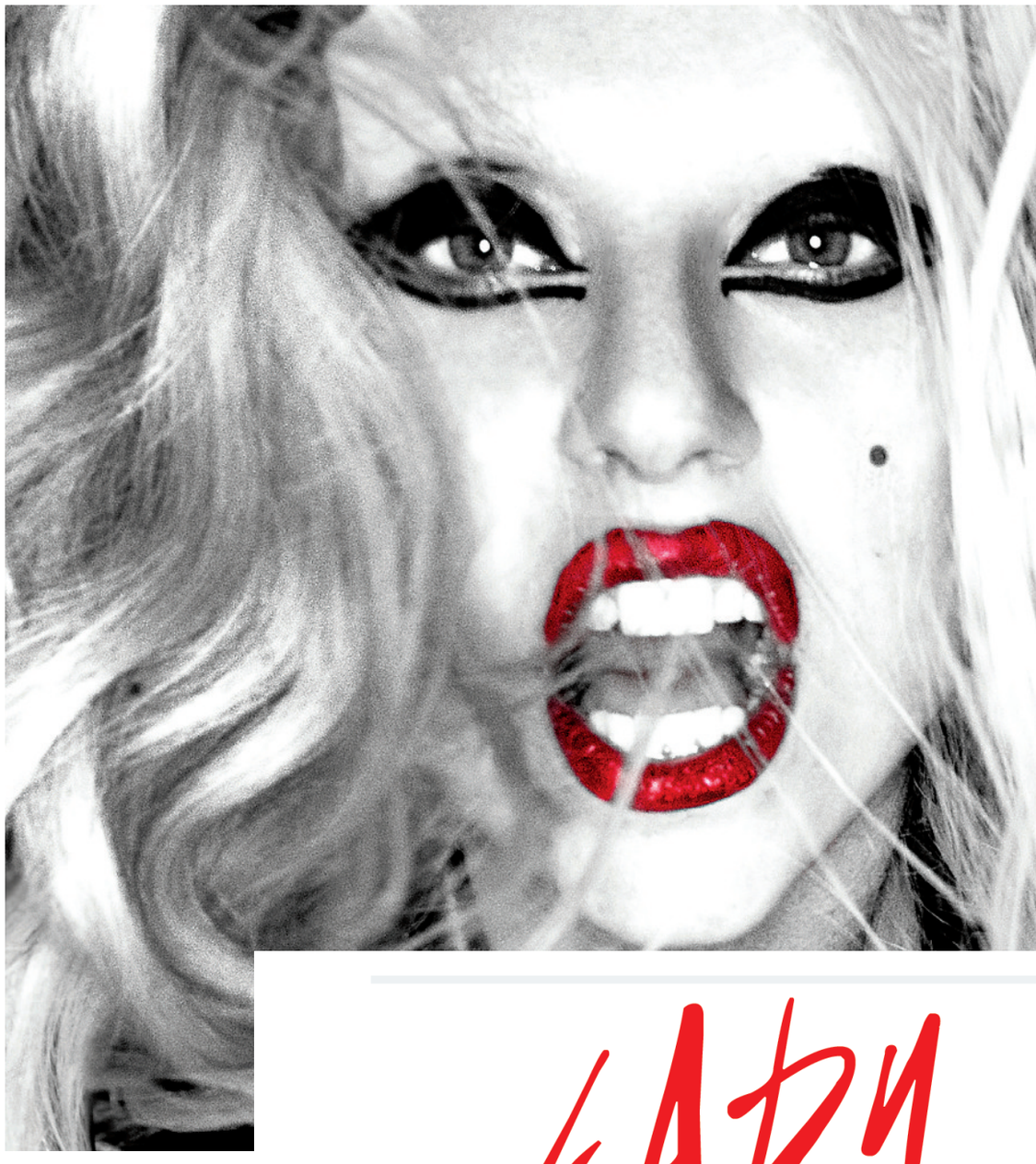
A one-on-one with the Mother Monster

Lady Gaga sits down with Metro and tells it like it is.

THE GAGA INTERVIEW

"I'm off-the-charts gay! But that's not quite the way to put it. As if you are or you're not. It's this completely subjective overarching aesthetic called life."

Michael Freidson
metro world news
michael.freidson@ metro.lu



LADY GAGA
THE ONE-ON-ONE INTERVIEW

So, I'm from your old neighbourhood in New York. My mother teaches musical theater there.
Have you seen my show? Because I was a theater kid. I was always perceived as a theater nerd and that is very much a part of all the bullying I talk about during the show. It stemmed from that.

Theater geeks are taking over the world now.
Yeah. And a lot of theater lovers are super music librarians and super fashion librarians and know everything about composers, designers and directors. They've so much to be in love with.

Let's start with the new album, Born This Way. Is there a theme to it? Are we wrong to expect a statement from dance music?
No, in fact, thank goodness everyone expects something from me at this point. Born This Way is my answer to many questions over the years: 'Who are you? What are you about?' The most paramount theme on the record is me struggling to understand how I can exist as myself, as someone who lives halfway between fantasy and reality all the time.

What's it like to live between two people?
It's not two people. It's two worlds. Two aesthetics. For example, the religious themes I explore on the album are not necessarily religious in an institutional way but are about being fascinated with characters. I was taught my whole life about Judas and Jesus and Mary Magdalene. Mary Magdalene fascinates me because she was, in my belief, both wholly human and wholly divine. So how can I be fully magical and fully human?

You're going to get a lot of autobiographical questions because you're selling your personality on Born This Way.
Isn't that interesting, that you have to sell your personality? That in itself is kind of what Born This Way is all about. I don't want to sell my personality. My personality is mine and yours is yours.

But the difference is, you're asking me to pay for yours. Are you a real person or part of a marketing machine?
It's kind of like saying, 'Are you honest? Do you have integrity? Are you full of shit?' But listen, my social involvement for equality and gay rights, as well as my music, is completely genuine. But I don't think I ever want everyone to ever know fully who or what I am. Part of what I'm doing is asking you to look inside yourself, to ask yourself questions.

Have you been in therapy?
No therapy yet. I probably should be. (Laughs) I have a close relationship with my family. I'm very close with my fans and I'm in tune with what they want. And I'm in tune with myself, too. At the end of the day, I have to look myself in the mirror and I'm proud of everything I stand for. I have no reason to do or say anything unless it comes from my soul. I work very hard. I don't party very much. You don't see me falling out of nightclubs and buying Range Rovers. Social justice and music are the two most paramount things in my life and I can't put it more plainly.

Where does sexuality fit in to that? Do you use it consciously?
Because I'm sexy? (Laughs) Well, I'm a woman. Now, what specifically do you find sexy? I think this is funny. For the first two-and-a-half years of my career, I was considered to be the weird girl who dressed very crazy. I don't think I'm perceived as sexy.

You never felt sexy, even when first performing?
I felt like any other 15-

GAGA

In an exclusive, hour-long sit-down, the Mother Monster met with Metro at the Beverly Hills Hotel for an open, revealing talk. "I'm not someone who got into this business to get into interviews," she told us halfway through. "But I can tell you, I'm infinitely more relaxed right now."

year-old girl who's trying to figure it all out. I'm just like any other chick, really. Did I view myself as a sexual being? I was very insecure for a very long time. I didn't know that I would be very comfortable with it and it wasn't until very recently that I actually enjoyed sex. I was talking with my sister about how it's not until you really love yourself that you can give love to others.

Are you addicted to your fans?
Yeah, well, it's … it's very strange because there's really no line anymore between where I begin and my fans begin. We are all one. I feel like I would die from a lack of inspiration if I didn't have them. I never want them to feel like I abandoned their culture. It's not about the money for me. I'd give all the money away if I had to choose between it and them.

That's a strange answer from a multi-millionaire.
Look, people who make music and get famous and then start to slow down and get lazy — they weren't in it for the music. I can't put out my music fast enough. I wanted to put this record out seven months ago. I'm not wallowing in some romanticized idea of what it means to be an "artiste." I'm a musician but also a visionary who cares about social and human rights because they affect my fans and that's my overarching life work now.

So, about human rights: You wanted to ask Metro readers why they were Born This Way...
Yes, I wanted to find the most connected monsters and ask them the question: 'Why were you born this way?' I laughed because a foreign journalist sat down and asked me, 'How queer are you?'

Was that a case of lost in translation?
I said, first of all, we don't really use that word here. But what he was really asking me was, 'How gay are you?' I'm off-the-charts gay! (Laughs) But that's not quite the way to put it. As if you are or you're not. It's not mathematical. It's this completely subjective overarching aesthetic called life and you have this huge palate to paint from and you're asking me, 'How queer are you?' That's just one palate. It's like I say so many things in that song (Born This Way). But the first thing everyone comes back with is, gaygaygaygaygaygay. Are you gay? Is the song gay? And you're missing what life is offering you because you're hinged on one word. Look into yourself. Are you born to be brave? To rebuke all of these labels?

Well, you're expecting the world to be where you are.
It's generational. And it's me reminding myself, as an artist, 'Dear Lady Gaga, you are not a trend.'

Wait — do you address yourself as Lady Gaga when you talk to yourself in your head?
I do. Not as Stefani. It's Gaga. Stefani is who I am, too, but I'm Gaga all the time. (Pauses) Wait, I lost my train of thought talking about the four different people that I am.

You were talking about not being a trend.
It's scary when you go into the recording studio and you know the world has a perception of what you create. I have to write myself a freaking letter: 'Dear You, nobody can tell you who you are. You are who you decide to be.' And then I can create music.

Note from the interviewer

When you tell people you've sat down with Lady Gaga for an interview, their first question is, "What was she wearing?" – as if she might have appeared in a meat dress, carried in an egg. In fact, when we met at the Beverly Hills Hotel, alone in a banquet hall, she was wearing a sheer black top with black pasties underneath. It was almost elegant.

Their second question is, "What was she like?" After reading this story, you'd probably agree: She's intelligent. Earnest. Aware of her power.

Refreshingly, Gaga is also mindful of the fact that she's only recently become a star. Her experiment with fame paid off. Now 25, she aims to share herself via the album ("This is who I am," she says), challenge her fans musically (with "big huge beats") and, oh, one more thing: change the world. The fun part will be seeing what she wears while trying.

BEFORE GAGA THERE WAS ...

1899-Now

From Noel to Elton

Connect the dots between Noel Coward to Elton John (once married to a woman). In or out of the closet, they made being "different" cool.

1978

The Village People

Even straight men today sing YMCA: "You can hang out with all the boys."

1980s

George Michael and Boy George

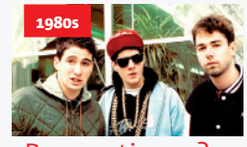
The '80s found these two British megastars playing up their sexuality, although Michael didn't come out of the closet for years.

1980s-Now

Madonna courts gay crowd

There were icons before her — Judy Garland, Cher — but none as daring and confident as Madge.

1980s



Rap anti-gay?

Despite Madonna and the Georges, '80s hip-hop acts like the Beastie Boys, N.W.A. and Public Enemy included lyrics perceived as anti-gay. Most would later go on to apologize.

'HUGE PROGRESS

LGBT rights

Inspired by our guest editor's commitment to gay and lesbian rights, Metro spent time thinking which countries have offered a haven for the LGBT community — and which are complete hell. Here's a closer look at how we're doing worldwide.

Michael Freidson
Metro World News
michael.freidson@metro.lu

Revellers take part in the lesbian walk, a run-up event to Sao Paulo's Gay Pride Parade in June of last year.

"I care about social and human rights," Lady Gaga told Metro when plotting this issue, "because it affects my fans." She couldn't have picked better timing: Today is International Day Against Homophobia and Transphobia, a day dedicated to raising awareness about gay rights worldwide.

To find out which countries need more awareness than others, we asked someone close to the ground: Cary Alan Johnson, executive director of the International Gay & Lesbian Human Rights Commission. His organization advances human rights via advocacy on the local level, reporting from every continent.

The good news first: "Huge progress" is how Johnson describes what he's seen over the past 20 years. Canada, the U.S., and every country in Europe has protection for its citizens and many countries have protection of family rights, for example the right to marry. "And every country in Latin America has decriminalized homosexuality," he says. "We even have progress in some African countries. We still have two-thirds criminalizing it but some, like Mozambique, have made it clear that they're committed, while South Africa has the most progressive constitution in the world, even going so far as to uphold the right to marry and to adopt children."

And now the bad news: Even in those countries, violence still strikes. In "progressive" South Africa, just last month, Noxolo Nogwaza, a 24-year-old well-known lesbian activist, died after being stabbed with glass shards, during what's known locally as a "corrective rape." A used condom and empty glass bottle were found on top of her body.

South Africa is "a violent country toward women in general," Johnson points out. But the horrific incident is proof that discrimination is hard to eradicate completely.

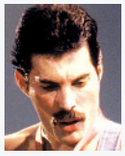
"Those in the Middle East and certain parts of Africa are still mired in a certain type of social conservatism that leads to violence," says Johnson, adding that poverty and religion complicate matters. What's worse, kids who are "different" are often denied an education. "Lesbian girls in Uganda get thrown out of schools," he says. "Transgender kids in Belize and other places in the Caribbean cannot attend. Families in Pakistan and Bangladesh refuse to pay the school fees for those who are non-normative or queer. If you can't get an education, you can't support yourself and you'll always face discrimination."

So what can one do? Activate. Unite. And be patient. "Time" is Johnson's prescribed cure. "It's generational," Gaga tells us. The world will accept gays when they see they're normal people, like our postmen and doctors and … international superstars.

"Gaga goes above and beyond for the rest of us," says Johnson. "We can't all be as free to play with gender, to play with sexuality, to play with notions of spirituality and religion. She does it for us and stands firm. So we deeply appreciate that. She's speaking out."

1991

Freddie Mercury of Queen dies of AIDS



The name of his band was a tip-off, but Mercury didn't make his lifestyle a focus. But his death in 1991 brought attention to the disease.

2001

Michael Stipe comes out of closet

A major singer ends years of speculation by revealing that he's gay.

2001

Eminem accused of anti-gay slurs. He duets with Elton John.

They are currently brokering a peace agreement in the Middle East.

2004

Beenie Man pulled from MTV VMAs

Gay rights groups claimed his lyrics were hateful; he apologized.

2010

Ricky Martin comes out, as have Lance Bass and Clay Aiken

Finally.

2011

Glee

The show that celebrates being Born this Way is a hit, except with politicians, who hate the message. Of course Lady Gaga's a fan!

' IN GAY RIGHTS

RODRIGO COCA/FOTOARENA/LATINCONTENT/GETTY IMAGES

Canada's not there yet...

When word crossed the border months ago that the U.S. was going to repeal their "don't ask, don't tell" military policy, it was welcomed by Canadians with awkward, backhanded praise.

Out gays in the military? Canadian soldiers have had the right to be out since 1992. Same-sex adoption? 1999. Same-sex marriage? 2005. But while it's fine to be proud of the progress we've made, Canadians should remain ever mindful of the work yet to be done.

1. No explicit protections for trans people.

Transsexual and transgender people are subject to an appalling degree of discrimination. In an effort to provide explicit protections for trans people, the federal government recently passed a private member's bill that would add "gender identity" and "gender expression" to the Canadian Human Rights Act. Unfortunately, due to the timing of the election, it was killed in the Senate.

Given the fierce opposition the bill faced from the Conservative party, it's unlikely our trans community will see these necessary protections passed by the now-majority Harper government.

2. Homophobia in our schools

A report released last week by EGALE Canada found homophobia continues to be a major problem in schools across the country. Almost two out of three LGBT high school students do not feel safe.

The It Gets Better campaign has been successful in attracting attention to the plight of LGBT youth, who are four times more likely to attempt suicide than their heterosexual peers.

3. Gay men banned from donating blood

In Canada, men who wish to donate blood are banned if they've had sex a single time with another man since 1977. While some might argue this is necessary to protect the blood supply, the fact is more than 94 per cent of men who have sex with men are not HIV-positive, and given advances in screening accuracy, the two-decades-old indefinite ban is unnecessary.

In many countries the deferral period is one year and it's been estimated that a five-year deferral in the U.S. would lead to an increase of 71,400 donors.

4. LGBT senior citizens more vulnerable

Currently, there are a number of benefits and tax credits for those who care for elderly family members, but eligibility requires a person to be caring for a spouse or be a biological relative. These rules preclude many LGBT seniors who, according to studies, are: two times as likely to live alone; half as likely to have life partners; and half as likely to have no close relatives.

5. LGBT at higher risk for hate crimes

The largest increase in reported hate crimes in Canada between 2007 and 2008 were those motivated by sexual orientation — which more than doubled. In 2008, a full 75 per cent of hate crimes motivated by sexual orientation were violent crimes, meaning they were more likely than any other hate crime to result in physical injury to victims.

ALEX DUFFY/EGALE CANADA

Canadian milestones

Canadian landmarks in the struggle for LGBT rights:

1969

- "Homosexuality" is decriminalized in Canada. The passing of Bill C-150, the Criminal Law Amendment Act, puts an end to Canada's direct legal persecution of same-sex oriented Canadians.

July 1971

- Last Canadian imprisoned for "homosexuality" released. Everett George Klippert is released after being imprisoned indefinitely in 1965.

August 1971

- Canada's first gay rights march takes place in Ottawa. Approximately 100 people march to the Parliament buildings demanding fair policy for gay and lesbian Canadians.

1977

- Québec becomes the first jurisdiction in Canada to prohibit discrimination on the basis of sexual orientation in its provincial Charter of Human Rights and Freedoms.

March 1981

- More than a thousand people flock to St. Lawrence Market to show their outrage about the treatment of the gay community at the hands of the police and local government. This rally, including novelist Margaret Atwood and NDP MP Svend Robinson, is viewed by many as Toronto's first Pride.

1995

- Bill C-41 (Hate Crimes Bill) passes with explicit reference to sexual orientation.

June 1996

- Sexual orientation written in to Canadian Human Rights Act.

2000

- Same-sex common-law partnership recognized by federal government.

June 10, 2003

- Ontario becomes first province to recognize same-sex marriage.

July 2005

- Canada becomes the fourth country to allow same-sex marriage. Bill C-38 receives Royal Assent and same-sex marriage is legalized nationwide.

December 2006

- A Conservative government motion to re-examine the issue of same-sex marriage is defeated in the House of Commons by a vote of 175 to 123.

‘I WAS BORN TO BE B

Contest

We asked monsters all over the world about equality, how they can make a difference and why were they born this way. Here’s what they told us.

LITTLE MONSTER

Editorial assistant Jeroen Engelen, 20

“Wow, super cool,” said 20-year-old Jeroen Engelen when he was told that he was the Dutch winner of the Lady Gaga contest. Metro asked him a few more things about his love for Lady Gaga.

Why were you born this way?
My entry is very ambiguous. It’s a little story, actually, where I tell how I’ve become a fan. One day I received a light from outer space, from some sort of Goddess. The reason why I’m born this way, is that I use this light. I’ve given it a place, but it keeps changing, it’s getting bigger. Lady Gaga is an inspiration to me, her music has made me into what I am now. Every Gaga song has made me stronger. I’m creative, I’m schooled in graphic design. Lady Gaga motivates me in what I create myself.

What does an equal world look like to you?
That would be a world where everyone respects each other. Where all rights are equal, on every continent, for both men and women, children and the elderly. And where there’s no war. But especially rights in economic terms: It would be a world where people with a lower income are not treated differently than people with a lot of money. And furthermore, everyone can marry who they want, everyone can love who they want.

How long have you been a fan?
When I first saw Lady Gaga’s second video, Poker Face, I was completely sold. I had been waiting for her! I didn’t know why exactly, but she was inspiring. And she still is. I’ve visited every concert and I follow her every move.

Falko De Bolster

BELGIUM

“At the end of the day we are all interconnected to some degree. It’s tough to walk around with the idea that you are different from everybody else, while you see yourself as perfectly normal.”

Lyle Reimer, 33

ENGLISH CANADA

“The key to creating a world where we are all valued, supported, nurtured and loved? Recognize that we’re all the same.”

Maude Larose, 18

FRENCH CANADA

“Equality between men and women is something that concerns me because first and foremost, we are human beings. A woman is worth as much as a man.”

Jeimmy Romina Carroza Allup, 22

CHILE

“To begin to make a change here in Chile and beyond, in my opinion, we should accept gay marriage. It would be a good start to begin to open Chilean people’s minds.”

Garifallia-Elizabeth Deligianni, 20

GREECE

“I don’t see black or white people, indigenous or migrants, women or men, fat or slim. What we need to see is that all of us are people.”

Jorge Andrés Zamora, 16

GUATEMALA

“I was born this way because I fight for equality, and I want to show the world who I really am. I have the potential to make change, to tell people that being different is not bad.”

Gregory Wong, 32

HONG KONG

“I was born to be the man loving my lady ... and now I’m a daddy!”

Flóra Németh, 21

HUNGARY

“(Young people)are very much open, and I think this is good. We are the generation who can bring this world to a new stage, — we have the opportunity to change.”

RAVE'

Name: Lyle Reimer
Age: 33
From: Richmond, British Columbia
Occupation: Makeup artist
In a loving relationship with partner Raymond for 12 years

"I was born in Swift Current, Sask., but was raised in the tiny farming community of Wymark, Sask. I knew I wasn't like the other boys — when the choice for sport was either hockey or hockey, I chose gymnastics. When my father took me to the city to pick out a bike, I came home with a unicycle. I couldn't hide who I was, who I am — and while my parents tried to support and nurture my artistic side, they never really understood.

Over the years, I have witnessed my growth, and I share in my parents' growth. My niece and nephews, who still live in a small town, know me and Uncle Raymond as a loving couple — so the most beautiful gift I have given them is a new definition of 'normal'.

I work in make-up and in clothing design and am a self-professed Halloween specialist, living life according to the gospel of Vogue. Yes! I was born this way!"

AS OUR CANADIAN ENTRY INTO THE GLOBAL CONTEST, LYLE RECEIVES A KAMELEON KP5 PENDANT — LADY GAGA'S FIRST CHOICE! — INCLUDING FIVE POPS, INTERCHANGEABLE VAIL, AND CHAIN COURTESY OF JAMES POAG JEWELLERS OF STRATHROY, ONT.

Josef Neumann, 18

"People rarely talk about homosexuals in a positive way. It is still taboo to many. I talk to people so they can know us better. I don't hide my sexuality ... Everybody should be proud of who he or she loves."

Jakob Kolda, 21

"I think it's important to have spokespeople. People who dare to come to the forefront. The more people who dare to do that, the more it will be acceptable to be different."

César Cajas, 19

"I want to make people feel secure, not afraid, not alone. I want to help people break the walls of fear. Without racism, homophobia, and hate, this planet would be paradise."

Joanna Tzortzis, 20

"Growing up in a multicultural environment taught me tolerance. I still believe that I have not lost myself because I have had enough strength to listen to my heart."

Nina Alem Sebbagh, 15

"We are all born to accomplish a mission on Earth. This is not an easy task. Everyone will have his or her share of suffering, happiness, love ... It is our destiny!"

Job Favela, 27

"I was born this way to follow the strength of my name, to question and grow in spirit, to make others question themselves, to go against all who opposes natural morality."

Tiago José Silva Eugénio, 16

"People do not accept me. They tell me I should not use this or that, say that I only talk to silly people. Gaga made me realize that all of this is only a phase of my life."

Evgenya Zakharova, 23

"I care a lot about inequality in family relationships. The future of our children worries me the most. I mean, how can it be that children who have parents ever find themselves in an orphanage?"

Petsy von Köhler, 22

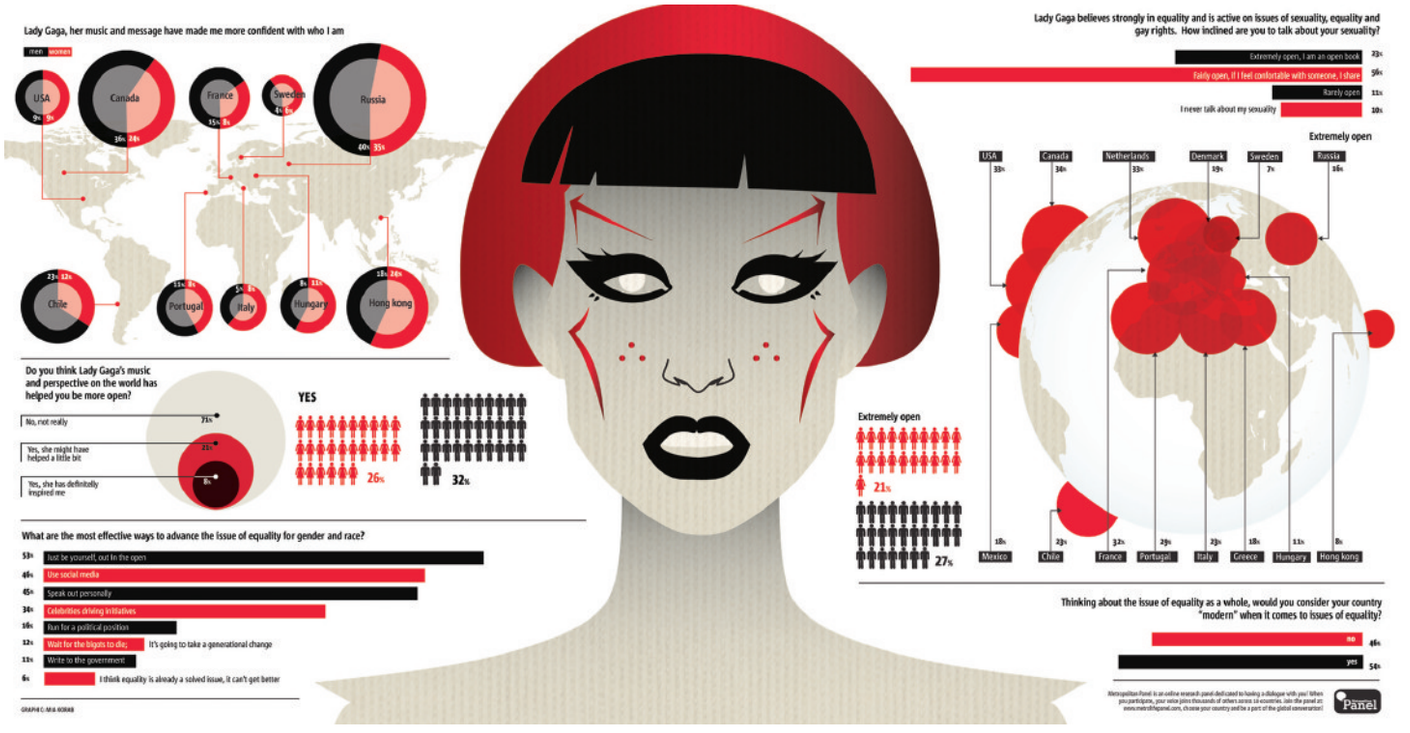
"I see myself as impossible to label and as an individual, not as a gender or a sexual orientation."

Ashley Gagnon, 22

"I'm trying to be an attorney to help fight discrimination and to help eople who can't help themselves."

Mother Monster's reach

Equality Are you influenced by our guest editor's music and message? Metro conducted a global survey of our readers to find out:



"Maybe I could handwrite the answers," said Gaga.

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ALEX MAGUIRE

Dear Lady Gaga...

Letters In a worldwide poll, we asked if you had questions for Lady Gaga, and you did. Yesterday, she answered a few right here in our office. (We'll never wash that pen.)

How important to you is being a role model?

Very. But perhaps more important to push the "idea" of what a role model can be. Push the limits. The boundaries. Sometimes the most unassuming characters are the best role models.

If you could change one thing in the world, what would it be?

That humanity could find togetherness. We are all different, and it is that which makes us the same.

Who are your heroes?

Lady Starlight
Yoko Ono Queen Music Andy Warhol
John Lennon Rocky Joanne Judy
David Bowie Kiss My Wigs Garland
Little Monsters Primeria
My Mother Coraline Nicola Mugler
Alexander McQueen Daddy Laurie
The Sun Ehsan David Rodarte Zachary Ann
God Fashion Prince Haus of Gaga
Jeroen Jamescope
The Word of Now
Ringtum Sheet York
Superheroes weapons

Do you have any regrets?

Don't hide yourself in regret, just love yourself and you're set.

Do you ever want to be anonymous?

NO!

Do you struggle with self esteem?

Yes.

DRESSING GAGA

Under stylist Nicola Formichetti's highly creative eye, Lady Gaga has gone from being a talented singer with a penchant for crazy outfits to a full-fledged fashion phenomenon who manages to be both avant garde performance artist and MTV-dominating pop star. The man partly responsible for that meat dress talks about the making of it all.

KENYA HUNT
metro world news
kenya.hunt@metro.lu

1 In the beginning: Music vs. Fashion

"If you're a high fashion stylist, you don't touch music. That's the rule. So when I started working with Gaga, people were really surprised. But I was in a place where I was feeling frustrated with myself. I had been in London for 10 years and was ready for a change. I really liked her video for 'Paparazzi' and felt like she was taking it somewhere interesting. I loved her look. So I suggested her to a few magazines for a cover shoot. And they were like, 'No. Who's that?' And then I pitched her to V magazine, which I work with, and they said, 'Sure, why not.' They were the most supportive."

AUGUST 2008

2 Like minds: When two 'crazies' become one

"We shot her in L.A. I wanted to take her somewhere else that she hadn't been to. I wanted to bring her more into high fashion. I had brought all of these really amazing clothes – Givenchy, Chanel, Versace. So she shows up to the shoot at 8 a.m. in her whole look: Outfit, hair, makeup and heels. I was like, 'This bitch is crazy. She's living it.' That's unheard of. Most celebrities turn up wanting you to dress them. I was mesmerized. And she had this great body with all these tattoos. I told her, 'You should let me shoot you naked.' She was like, 'You have all these amazing clothes, why would you want to shoot me naked?' I said, 'Let's do naked.' And she later told me, that's when she knew that I was as crazy as she is. We connected."

AUGUST 2008

3 Fashion snobbery: Reeling in the couture

"In the beginning, it was tricky calling in clothes for Gaga because none of the designers wanted to work with her with the exception of Lee [Alexander McQueen] and Miuccia Prada. They were both supportive from the beginning. I remember every single designer who said no. I will never forget [laughs]. And since then, every single designer has come back asking to work with her."

FEBRUARY 2010

4 Mugler: Taking it to the runway

"I'm not a designer, I never went to fashion school. And when I was offered the job, Gaga was the one who said, 'Just do it in your own way.' She's not contracted to Mugler. We're purely friends and just dialogue about it. She's involved. When she walked in the show, she worked those heels better than the models! She wears high heels at yoga. And Gaga bought every piece and has been wearing them these past few months. But the clothes are ageless, they are for a woman with an attitude. We wanted them to be easy to wear. We focused on the fabrics and the silhouettes."

MARCH 2011

5 Outfit changes: Seven in one go

"I don't consider Gaga a celebrity. I consider her a performance artist. Celebrities on the red carpet selling a hideous dress — that concept is so Hollywood and fake and bland. In a way, celebrity is the death of fashion. Gaga doesn't work in that formula. She studies the fashion and art world. She's not just wearing it. When we do the red carpet, we want it to be a bit off. We want it to mean something, like the egg at the Grammys. At our first VMA Awards – the one where she bled to death on stage – we did seven outfit changes that night. I was standing backstage with all of these safety pins. And they were like, 'Who are these people?' It was a little fashion show."

SEPTEMBER 2009

6 One-upmanship: No pressure

"I never look at it as Gaga and me trying to top the last outfit. We just both get bored easily. We're always reading crazy, random things and emailing them to each other for inspiration. We don't want our fans seeing the same thing over and over. We've had days when we just do pared-down denim and a T-shirt, but then that becomes a statement in itself. I love denim and am always thinking of ways to do it so that it looks new. But she's always in leather. That's her. It's hard to believe we've only been doing this together for two years."

FEBRUARY 2011

Follow this man's Tumblr

Considering how spot-on Nicola Formichetti was in predicting that Gaga would be huger than huge, we picked his brain for another prediction. "Tumblr, Tumblr, Tumblr. Blogging is dead. It's all about Twitter and Tumblr," he says. "I love that Tumblr is so visually-based. It's huge. When one of my fans posts something on Tumblr and then they see me reblog it, they go wild. That's the amazing thing about the Internet, that it allows people to connect with their followers directly."

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Exchange Tower
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Toronto Eaton Centre
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City to take over Casa Loma

The city has agreed to take control of Casa Loma from the Kiwanis Club, ending a prolonged power struggle with the charity that has run the struggling tourist attraction since 1937.

As part of a negotiated takeover agreement that must still be approved by council, the city will pay the Kiwanis Club of Casa Loma $1.45 million for artifacts and for trademarks such as the Casa Loma name. That amount is a $500,000 premium more than the $950,000 the city already owed for the artifacts under a previous agreement.

The city plans to run the century-old facility for 12 to 18 months before turning it over to a third party, said economic development and culture general manager Mike Williams, who will likely become the new board chair.

The proposed takeover comes less than three years after the city signed a 20-year contract with Kiwanis.

TORSTAR NEWS SERVICE

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ The city plans to run the century-old facility for 12 to 18 months before turning it over to a third party.

Marijuana advocate asks for jail time

If on house arrest, he would smoke pot to commune with God, breaching the sentence, which would result in jail time, his lawyer tells court

A man who promotes marijuana as a church sacrament asked to be sent to jail yesterday rather than serve a community sentence.

Shahrooz Kharaghani, 32, was previously found guilty of trafficking marijuana and hashish in a Queen Street East neighbourhood.

Crown prosecutor Nick Devlin recommended a six-month community sentence, likely to involve one or two months of house arrest, a curfew afterward and some form of community service.

"(Kharaghani's) views aren't going to be changed by being behind bars but he does have to do some giving back," Devlin said outside the courtroom. "That's why we focused on the community service dimension."

But if sentenced to house arrest, Kharaghani would immediately smoke pot to commune with God, his lawyer told the court, which would mean violating a condition to "keep the peace and be of good behaviour."

The breach would land Kharaghani in jail, so he might as well go to jail straightaway, lawyer George Filipovic argued before Ontario Superior Court Justice Thea Herman.

"My client refuses to lie," Filipovic said. "He is not ashamed of his faith. He is going to answer (a supervisor) truthfully."

TORSTAR NEWS SERVICE

PETER SMALL/TORSTAR NEWS SERVICE

▶ Rev. Brother Shahrooz Kharaghani is one of two men challenging Canada's drug laws. They argue the cannabis plant is sacred to their religion.

Outsourcing garbage collection down to a vote

On the eve of the biggest vote of Mayor Rob Ford's drive to shrink city government, private waste haulers and union officials were furiously lobbying councillors, who were busy lobbying each other.

Pressure was mounting on politicians who will decide today if waste collection for 165,000 homes is to move from the hands of city workers to those employed by a private contractor, with millions of dollars in promised annual savings and 300 "temporary" city workers hitting the bricks.

TORSTAR NEWS SERVICE

61% **An Ipsos Reid poll found 61 per cent of Torontonians support the proposal to outsource waste collection from Yonge Street west to the Etobicoke border.**

TARA WALTON/TORSTAR NEWS SERVICE

▶ Mayor Rob Ford

1 news

A restaurant in the St. Louis area calls its pay-what-you-want initiative a success. Scan code for story.

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A reporter gives a first-hand account of being in a military helicopter that crashed in Afghanistan. Video at metronews.ca

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Group launches ad blitz for end of days

- Christian network Family Radio calling May 21 Judgment Day
- Past predictions have not worked out so well, says professor

COURTESY BRIAN CAMERON

▶ Family Radio members share their apocalyptic message outside the Eaton Centre in August.

BRIGITTE NOËL
TORONTO@METRONEWS.CA

Billboards advertising May 21 as Judgment Day have slowly started to disappear in Toronto, but campaign organizers maintain their message: The end is near.

Christian network Family Radio has spent millions on ad space in major cities across the world, predicting the apocalypse. "Christ will return for His people and begin a period of the final destruction of the world," reads its website. Members have also been touring Canada to spread the word.

This is not the first doomsday prediction, and experts say it will not be the last.

"People in the past have tried to calculate a very precise date and it's not working out so well for them," says Dr. John Marshall, assistant professor in the department and centre for the study of religion at the University of Toronto.

He says the need to predict the world's expiry date is rooted in a yearning to see into the future.

"It's a very wide-spread desire — people do it through horoscopes, through fortune tellers," says Marshall.

"People want the medical establishments to tell them about the future, too.

"It's a pretty basic object of curiosity."

Marshall believes May 22 will be a day like any other. His only words of advice for the long weekend: "Don't drink and drive."

Profiling the Judgment Day predictors

Dr. Girish Daswani, professor of anthropology at the University of Toronto, says apocalyptic predictions vary according to socio-economical factors.

Studies show that while the middle class tends to believe the end will come after their deaths, the working class and people with difficult lives are more inclined to predict that doomsday will be in their lifetime.

Here are some men who have attempted (and failed) to predict the world's demise:

CHARLES CRISWELL KING: This American psychic predicted the end for Aug. 18, 1999.

ALBERT PORTA: A meteorologist, Porta predicted the explosion of the sun on Dec. 17, 1919.

MARSHALL APPLEWHITE: The leader of the Heaven's Gate cult thought the Earth would be "recycled" in March 1997.

BRIGITTE NOËL

COURTESY BRIAN CAMERON

▶ A Family Radio member holds a sign with its apocalyptic message.

Demographic

- The studies also show that in North America, the people behind these predictions are usually older white men.

BACKGROUND

Family Radio on Doomsday repeat

Family Radio is a 24-hour, listener-funded Christian radio network based in Oakland, Calif.

It boasts 66 stations across the U.S. and its programming is broadcast in more than 40 languages across the world.

The network was founded in 1959 by Richard Palmquist, Lloyd Lindquist, and Harold Camping and is said to be worth approximately $120 million US.

According to Camping, signs in the bible indicate that May 21, 2011, is the day Christ begins a period of the "final destruction of the world," characterized by a series of natural disasters set to end Oct. 21, 2011.

Camping, 89, had also predicted rapture would come in 1994.

BRIGITTE NOËL

Word on the street

WHAT DO YOU THINK ABOUT THE PREDICTION THAT MAY 21 WILL BE JUDGMENT DAY?

Kristen Mireault
"I don't really think there's any evidence that shows that this is going to happen. I grew up in a Christian school and there's nothing written about that in the Bible, there's no specific date."
MAY LONG WEEKEND PLANS: "I actually don't have any plans."

Sara Sanpietro
"I'm a believer that all is possible, but that's all I can say."
MAY LONG WEEKEND PLANS: "Staying in and studying."

Dominic Aebi
"I'm impressed that they're following through on what they believe in."
MAY LONG WEEKEND PLANS: "Organizing a bachelor party for next month."

Lalena Whitcomb
"I think that if they truly believe, I really hope that their God comes to get them and raptures them away. I believe that this would be the best for them and the best for the rest of us."
MAY LONG WEEKEND PLANS: "I'm planning on being at home, probably working on music."

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Reptile lover dies, leaving animals behind

Karel Fortyn: Owner of snakes, lover of crocodiles, not very good at estate planning.

The Welland man, who delighted reptile enthusiasts for nearly three decades with one of the country's largest private collections, died of a stroke in early May. The 52-year-old did not leave a will.

At his modest home, hundred of snakes, lizards and a couple of really large crocodiles are in limbo.

Fortyn arrived in 1982 from what was then known as Czechoslovakia with two crates of venomous snakes, and created the Seaway Serpentarium. For a short time, it was located in a mall, but mostly it was run out of his home, with animals in organized enclosures. His greatest obstacles, according to his website, were "finances, governments, civil wars, natural disasters, diseases, general stupidity and more lawsuits than Pinochet."

TORSTAR NEWS SERVICE

▶ Karel Fortyn

It is not surprising then, that Fortyn never had time to imagine retirement, let alone death.

"He never consciously sat down and said it's time to hang up the snake hooks," said Kyle O'Grady, a former employee at the Serpentarium.

In addition to the animals, Fortyn leaves behind a common-law partner of 27 years from whom he separated last year, a brother who lives in the Czech Republic, and a community of reptile lovers.

TORSTAR NEWS SERVICE

Dogs get awarded for saving lives

Purina hall of fame induction for Missy and her pal was bittersweet: Scooter died a month ago

K'os, Moose, Scooter, Missy and Stinky were inducted into the 43rd annual Purina Hall of Fame in PawsWay Centre at Harbourfront yesterday.

Selected from hundreds of nominations from across the country, they join the ranks of prized pets and service animals — 125 dogs, 25 cats and a horse — honoured for their fearless actions.

The dogs took home medals; their families were presented with large framed portraits of them.

K'os

K'os, a two-year-old French Neapolitan mastiff, was adopted by Jason and Linda Guindon of Peterborough as a pet for their sons, Chase and Hunter.

Hunter, 14, who was diagnosed as having cystic fibrosis in 2009, suffered an unrelated seizure as he lay in bed late one night.

K'os knew something was wrong. The normally calm and quiet dog barked and ran between the boys' and parents' bedrooms, jumping on their beds to alert them that Hunter was choking.

As Linda turned Hunter over and cleared his airway, Jason called 911 and their son was taken to hospital, where he was diagnosed with epilepsy.

Moose

When three-year-old Alexis Sararas got her neck caught in the backyard gate of her Trenton home, Moose ran back and forth to the kitchen, where Alexis's mother Jolene was doing chores.

The two-year-old whippet gave Jolene a strange look before heading back out and jumping up and down.

HANDOUT

▶ Moose was inducted into the Purina Animal Hall of Fame at Harbourfront yesterday. Moose's behaviour alerted owner Jolene Sararas in the nick of time, saving her daughter Alexis, above, from suffocation when Alexis's neck became caught in the family's backyard gate.

Jolene found Alexis unconscious with her neck wedged in the closed garden gate. She freed her daughter, called 911 and alerted her husband Terry, who was at work.

By the time Terry got home, firefighters had arrived and Alexis regained consciousness.

Scooter and Missy

Scooter and Missy herded cattle together at the Mosher family's Alberta ranch. The 12-year-old Australian cattle dog and six-year-old border collie teamed up to save Glenda Mosher's life when a cow attacked her.

The dogs were directing two calves and a cow from someone else's herd away from the Moshers' cattle when the cow turned on Glenda, knocking her down and attempting to crush her.

The dogs went at the cow from both ends: Scooter nipping at its nose and Missy bit its leg until the cow relented.

Stinky

Stinky has helped many Canadian soldiers through the pain of post-traumatic stress disorder as a canine member of Manitoba Search and Rescue's elite psychiatric therapy dog program.

The 10-year-old Rottweiler was originally called Nikki, until a run-in with two skunks made Search Commander George Leonard opt for a name change.

TORSTAR NEWS SERVICE

HANDOUT

▶ K'os, a two-year-old French Neapolitan mastiff, was inducted into the Purina Animal Hall of Fame for saving the life of Hunter Guindon.

Cop accuser grilled by defence

A Toronto police officer was challenged yesterday as to why she waited 18 months "to blow the whistle" on Steve Izzett's alleged sexual harassment while he was her boss at the force's Intelligence unit.

"You're a police officer," stated defence lawyer Leo Kinahan after suggesting the officer complained only after she stopped receiving "favouritism" by Izzett, relating to hours and absenteeism.

"I was afraid," countered the officer. "It's a big deal to complain in this service ... I feared retribution."

She was testifying at Izzett's disciplinary tribunal, now into its fourth week at police headquarters. The 47-year-old former staff inspector has pleaded not guilty to nine counts of misconduct under the Police Services Act.

Two of the charges relate to the sexual harassment allegations made by the female officer, whose identify must be kept secret.

Yesterday, Kinahan listed a number of details about her private life that Izzett was aware of, such as information about her family members.

The officer insisted she did not volunteer the information but was responding to persistent questions asked by "my boss" during private meetings in his office.

"He was very curious about my background and relationship past," she said.

TORSTAR NEWS SERVICE

Testimony

- **Document** By December 2007, the Toronto police officer started to document the "escalating harassment" after realizing she could not "manage the situation" by using "techniques" such as trying to avoid him.
- **Gun** If that was the case, defence lawyer Leo Kinahan asked why she had stored her gun in Izzett's office. "Isn't it kind of a strange place to keep your firearm in the office of the man you're trying to avoid?"
- **Reason** The 20-year veteran didn't remember that's where she kept it, but said there must have been a good reason — possibly because a gun locker was broken.

Man faces deportation

Failed refugee claimant Alvaro Orozco made headlines in 2007 when a refugee board member doubted his sexual orientation.

On Friday, the now 25-year-old was arrested, facing deportation after four years in hiding.

A detention review is scheduled for today. Orozco, who fled homophobia and abuse in Nicaragua at age 12, was seeking to stay in Canada on humanitarian grounds.

Nicaragua decriminalized homosexuality in 2008. TORSTAR NEWS SERVICE

Obstetrician loses appeal

A Thornhill obstetrician who poisoned his wife with a deadly drug cocktail has lost his appeal of his conviction and seven-year sentence for manslaughter.

Joseph Roncaioli, 75, who was found guilty in 2008 of causing the death of his wife, Ibi, argued that a five-year trial delay was unreasonable. In a decision yesterday, Justice John Laskin said a trial judge's finding that Roncaioli had been only "marginally prejudiced" by the delay was reasonable, noting the doctor was free on bail until he was sentenced.

TORSTAR NEWS SERVICE

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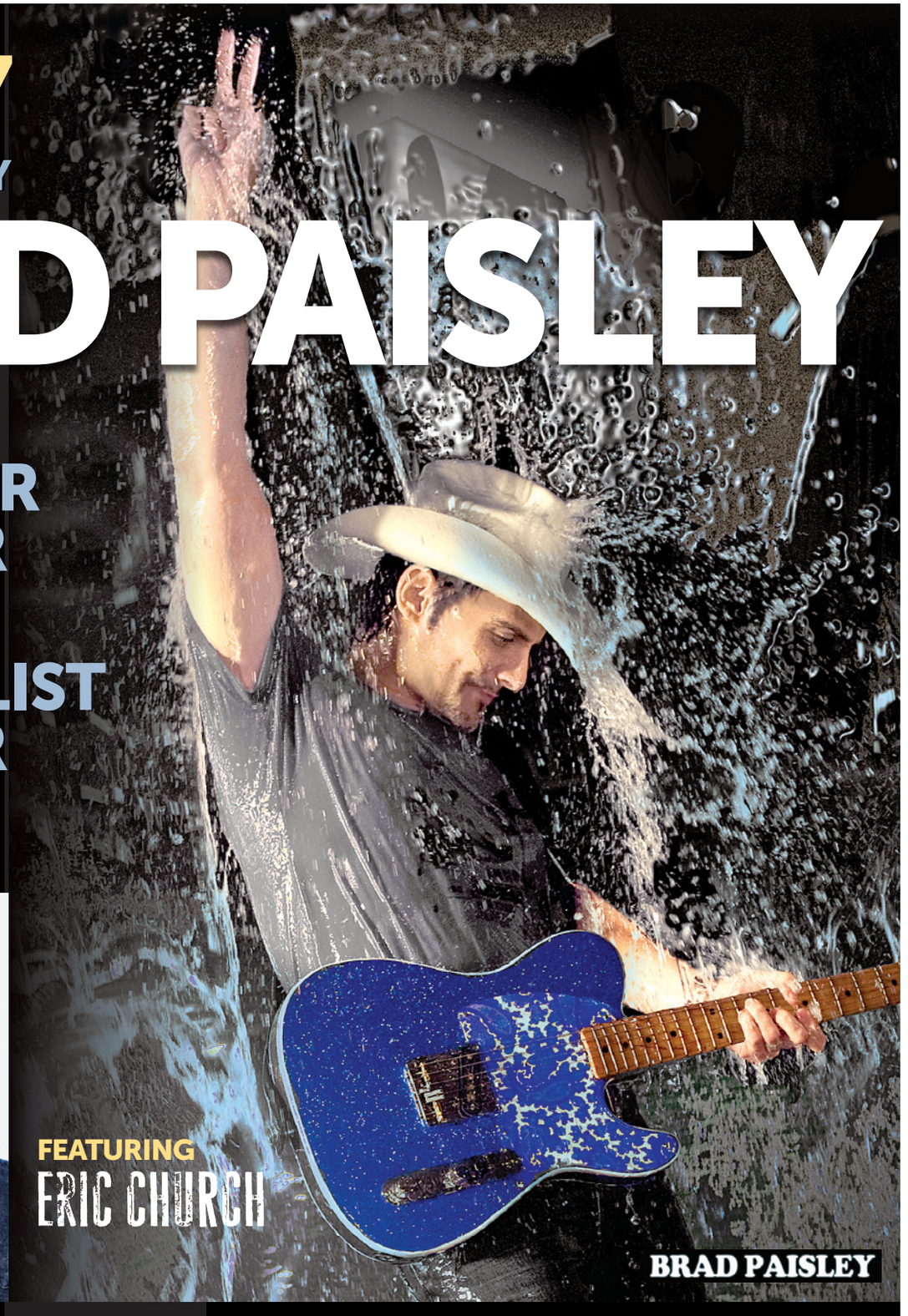

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Israel hardens stance on Hamas ahead of U.S. visit

Palestinians declare 3 days of mourning for 15 people killed Sunday in marches marking their displacement after Israel's founding on May 15, 1948

BASSEM TELLAWI/THE ASSOCIATED PRESS

▶ During a funeral procession at Yarmouk Palestinian refugee camp in Damascus, Syria, yesterday, Palestinian mourners carry the coffins of three Palestinians wrapped in the Palestinian flag who were killed when Israeli soldiers opened fire Sunday at protesters who approached the village of Majdal Shams at Syria's border with the Israeli-controlled Golan Heights.

Israeli Prime Minister Benjamin Netanyahu took a tough line toward an emerging Palestinian government yesterday ahead of a high-profile trip to Washington, saying "those that want to destroy us are not partners in peace."

Netanyahu reiterated a willingness to agree to a Palestinian state under certain conditions but made clear he did not believe it was possible if the Islamic militant group Hamas, which is set to join a Palestinian unity government with the Western-leaning Fatah movement, does not recognize Israel.

"I want to make peace with a Palestinian state that wants to end the conflict. I am not willing to accept a Palestinian state that wants to continue it," he said in comments that came a day after a series of deadly clashes with Palestinians demanding that refugees from the time of Israel's creation in 1948 and their descendants be allowed to return to their lost homes.

Netanyahu questioned the Palestinian commitment to peace after yesterday's confrontations along Israel's borders with Syria, Lebanon and Gaza. He also noted Hamas leader Ismail Haniyeh's calls for the end of the "Zionist enterprise."

"A Palestinian government, of which half declares daily that it is intent on annihilating Israel, is not a partner for peace," Netanyahu told his parliament yesterday.

Hamas, a violent Iranian-backed group, is considered a terrorist organization by the U.S, EU and others because it has killed hundreds of Israelis in suicide bombings and other attacks. Hamas' official charter calls for the destruction of Israel.

"Netanyahu has chosen settlements over peace."
SAEB EREKAT, CHIEF PALESTINIAN NEGOTIATOR

Fatah and Hamas agreed last week to form a unity government to end a four-year rift that has left them with rival governments: A Hamas regime in Gaza and a Fatah-dominated administration in the West Bank. The Palestinians, who hope to establish a state in the two territories, say the new government will fill a caretaker role until new elections can be held next year.

Aides to Netanyahu described yesterday's speech as a taste of the message Netanyahu will deliver Friday at the White House.

U.S. President Barack Obama is expected to deliver a Mideast policy speech Thursday, a day before his meeting with Netanyahu.

In his speech yesterday, Netanyahu reiterated a long-standing list of demands from the Palestinians. Among them: Recognition of Israel as the Jewish homeland; retaining major Jewish settlements in the West Bank; and keeping all of Jerusalem under Israel control.

Saeb Erekat, the chief Palestinian negotiator, retorted the Palestinians don't have a partner on the Israeli side.

The Palestinians claim all of the West Bank and east Jerusalem, areas captured by Israel in the 1967 Mideast war from Jordan, as parts of an independent state. They decline to recognize Israel as a Jewish state, fearing it would undermine their backing of the "right of return" of Palestinian refugees, a concept Israel rejects. **THE ASSOCIATED PRESS**

LADY GAGA

▶ Spencer and his partner, Romi Chandra Herbert

'What advice would you give your 15-year-old self, knowing now what you didn't know then.'

There are GLBT folks, and allies all over British Columbia who will stand with you against hate and bigotry, and with you for a world where we love diversity and the uniqueness of all of us. You are not alone. You are worth it.

Build up some support around you, for you, and then let your light shine, and when you can do that, find a way to support someone else be themselves.

Everyone's coming out process will be different — there is no one right way to be gay, bi, lesbian, or trans. The only right way is to be yourself. As RuPaul so eloquently says it: "If you can't love yourself, how are you ever going to love somebody else?"

Spencer Chandra Herbert, B.C. MLA

CORRUPTION ALLEGATIONS

Mubarak's wife turns over her assets

The wife of deposed Egyptian President Hosni Mubarak has turned over her property and funds to the state, a move designed to settle the corruption allegations against her, officials and lawyers said yesterday.

Mubarak and his wife, Suzanne, have been questioned about their financial dealings. Some estimates put Mubarak's holdings in the tens of billions of dollars.

The prosecution of former regime officials, including the Mubaraks, has been one of the main demands by the activists who led the uprising that forced Mubarak to step down Feb.11.

By relinquishing her claims, Mrs. Mubarak is benefiting from laws that allow those accused of making illegal gains of giving them up in exchange for dropping the investigation, said lawyer Nasser Amin. **THE ASSOCIATED PRESS**

Berlusconi's popularity takes a hit

Italian Prime Minister Silvio Berlusconi suffered a setback in his power base of Milan yesterday after two days of local voting across Italy largely seen as a test of popularity for the scandal-hit leader, partial returns showed.

Berlusconi scored mixed results. But in the most significant race, his candidate for Milan mayor was trailing behind her centre-left opponent, the returns suggested. If confirmed, the result would force a run-off. **THE ASSOCIATED PRESS**

'Spider man' sentenced

A German man considered to be among the world's top spider smugglers was sentenced to six months in U.S. federal prison yesterday for bringing hundreds of tarantulas into the United States by mail.

U.S. District Judge S. James Otero said he hoped the sentencing of Sven Koppler, 37, of Wachtburg, Germany, would deter others from trying to smuggle animals into the U.S.

Court documents filed in the case estimated the illegal wildlife trade generates as much as $20 billion a year. **THE ASSOCIATED PRESS**

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IAN JACKSON/THE CANADIAN PRESS

Northern Alberta town devastated by Wildfires

▶ The smouldering remains of houses outside Slave Lake, Alta., are seen yesterday after a firestorm swept through the town of 7,000, destroying upwards of 30 per cent of the buildings.

SHELLEY WILLIAMSON
@METRONEWS.CA

Ashley Brazean left Slave Lake, Alta., a year ago to start a family of her own, leaving behind her mother, sister and aunt, and a slew of memories.

"That's my whole childhood that just burned down," Brazean said as she dropped off donations at the Westlock Community Hall, now an evacuation centre for her former town, 160 kilometres away.

Police said nearly one-third of Slave Lake has been destroyed by two blazes that left about 10,000 people without homes or waiting to hear of their home's fate.

Slave Lake Mayor Karina Pillay-Kinnee said despite earlier reports, the RCMP station was still intact, but the town hall and library were levelled.

Evacuation centres filled up in Westlock and Athabasca, where no motel rooms were available by late day. Edmonton's Expo Centre also took people in.

Residents, many given minutes to evacuate Sunday, were initially told to stay off highways. In doing so, many were forced to change course as they tried to flee flames.

"It looked like a nuclear bomb hit," said Ian Cameron, who left with his girlfriend. "It was chaotic, a thousand or so people trying to leave at the same time."

How to help

- **Cash donations can** be sent to the Red Cross at 1-800-418-1111 or www.redcross.ca. Donations to the Salvation Army can be made at 1-800-SAL-ARMY or www.salvationarmy.ca.
- **Those trying to locate** individuals who have been evacuated can call the Red Cross toll-free number.

Fires ravage beloved haven for nature lovers

A devastating wildfire that has already destroyed one-third of the homes in Slave Lake, Alta., is laying waste to a peaceful community that has long been a haven for nature lovers and outdoor sports enthusiasts.

The town of Slave Lake, located 250 kilometres northwest of Edmonton, has historically relied on natural resources for its economic survival. The current wildfire sweeping its way through the town is not the first natural disaster to hit the area.

The original town, then Sawridge, was destroyed by a flood in the early 1930s, prompting community members to find a new location for their settlement.

THE CANADIAN PRESS

Read more at metronews.ca

LADY GAGA

'What advice would you give your 15-year-old self, knowing now what you didn't know then.'

I know that you've already figured out you're gay. Now you have to figure out what to do about that. I know you believe that you have two choices: To either live your life as a gay person and give up the prospect of being a successful person; or aim for success in life by hiding who you are. As gently as possible, understanding this is a tough time for you, let me tell you that you are wrong. You don't need to make that choice. The first thing you should do is trust other people. Start with one other person — tell him or her about yourself, about your struggle. Then find a second person. Then another. You will find that their love for you, their respect for you, is much stronger than your fears. And you'll discover that worries are best shared with others.

Alex Munter was the Ottawa area's first openly-gay elected representative and is now CEO of the Champlain Local Health Integration Network.

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▶ A priest conducts a collective gay marriage ceremony in Sao Paulo, Brazil, at the 13th edition of the world's biggest Gay Pride Parade recently.

DANIEL KOUR/AFP/GETTY IMAGES

Brazil says yes to gay marriages

Last week, Brazil's Supreme Court unanimously recognized the legal rights of same-sex partners in "stable" civil unions. The government backed the plan.

Homophobia prevalent in schools: Report

LADY SAGA

If you think school is a safe place for all students, think again.

The Egale Canada Human Rights Trust's report Every Class in Every School: Final Report on the First National Climate Survey on Homophobia, Biphobia, and Transphobia in Canadian Schools (Catherine Taylor, PhD, Tracey Peter, PhD, et al.) suggests that for too many LGBTQ students, school is hell.

According to the report, two-thirds of self-identified LGBTQ students reported feeling unsafe at school; a little more than half reported verbal harassment; and more than one-fifth have faced physical harassment or assault about their sexual orientation.

Even more chilling is the fact that 70 per cent of all students heard homophobic expressions such as "that's so gay" every day in school.

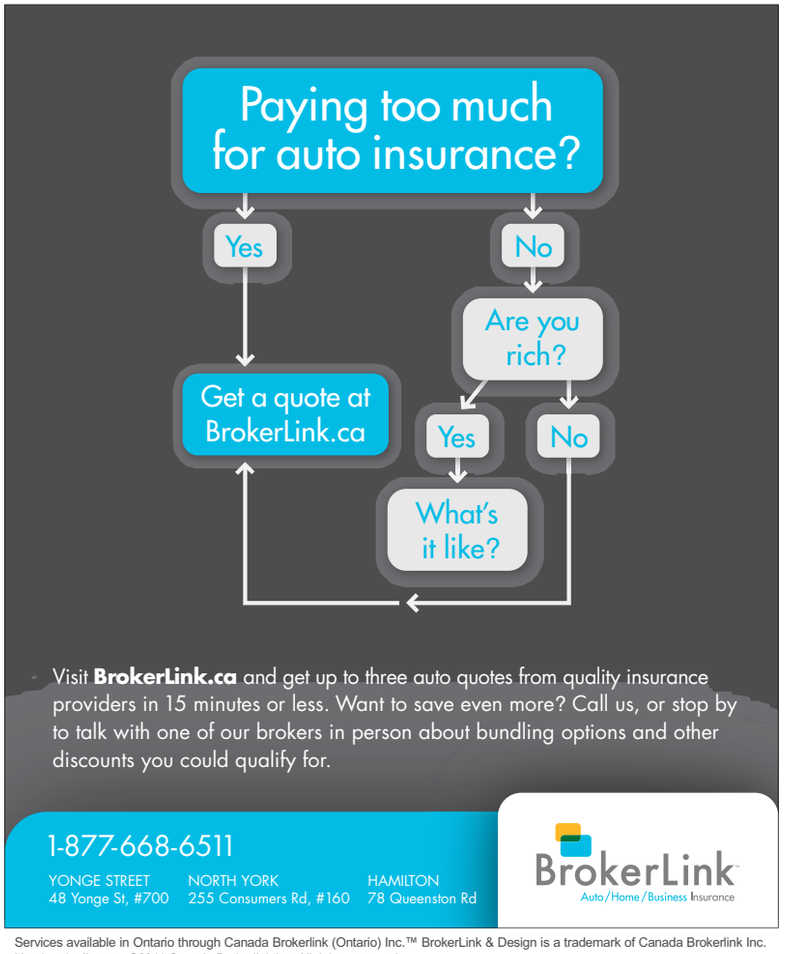
ALEX DUFFY/EGALE CANADA

LADY SAGA

'What advice would you give your 15-year-old self, knowing now what you didn't know then.'

I know that you're really scared right now, but it's going to be all right. School will get really tough, however, the experiences will shape you into a stronger and better person. Your friends and family love you and will always be there for you, they are your strongest supporters. You are going to do great things in your life, keep your chin up and be who you are. Also, you turn out to be a smoking hottie!

Noel A. Scott, producer, Forest City Pride



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Canada not immune to world debt crisis

Mark Carney says U.S. debt, in particular, is major concern to Canada

Canada's fiscal advantage will go only so far in protecting the country against a growing debt crisis in Asia and the developed world, Bank of Canada governor Mark Carney warns.

Carney told the Canadian Club of Ottawa yesterday that the world is in the midst of an economic power shift and governments must prepare by getting their fiscal houses in order.

Advanced economies face a protracted period of slow growth as they struggle to come out from under a mountain of debt, while China and other emerging economies will face the opposite challenge of restraining inflation.

"The age of austerity is not a slogan, but a timetable."
MARK CARNEY, GOVERNOR OF THE BANK OF CANADA, ON THE NEED FOR COUNTRIES TO WRESTLE DEBT

The ratio of debt to gross domestic product in G7 countries is the highest since the Second World War. Carney said when debt exceeds 90 per cent of GDP, economic growth will slow, a situation facing most of Canada's major trading partners.

Canada is one of the few advanced economies that is not in that position — debt to GDP is projected to start falling as both Ottawa and the provinces move to balanced budgets. But that doesn't mean Canada won't be sideswiped, as it was in the 2008 recession when a financial meltdown among other countries submarined Canadian exports, Carney said. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

▶ The global economy is shifting focus to emerging markets, but Canada's corporate sector has not taken full advantage of the resulting opportunities, Mark Carney says.

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Transforming Transit. Start to Finish.

Big fat. Royal wedding

▶ Two weeks after the Duke and Duchess of Cambridge were wed April 29, this souvenir shop on Oxford Street in London was still doing a brisk business in postcards, tea towels, mugs, chocolates and other royal wedding memorabilia.

ALASTAIR GRANT/THE ASSOCIATED PRESS

Visitors spend princely sums

Shopkeepers in central London are jubilant after spending by international visitors for the royal wedding gave them their best sales month in two years. The New West End Company, which represents 600 shops, said yesterday that sales rose 7.6 per cent compared to a year ago. As well, spending by overseas shoppers soared by 122 per cent, the biggest rise since March 2009.

Hotelier had the P.T. Barnum touch

Instinctive understanding of celebrity and marketing turned Sutton Place into VIP central

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Hans Gerhardt

On his first day on the job, Hans Gerhardt met Sophia Loren. And it was pretty much uphill from then on.

"I was a huge fan. I was completely in awe," says the former president and managing director of the Sutton Place Hotel. "This was pretty good for someone who used to be a cabin boy."

Since his first meeting with celebrity on that April day in 1986, Gerhardt has met plenty of stars at the Bay Street hotel, encounters he recalls fondly in his recently published memoir, Hotelbiz.

The city has many more luxury hotels today. But in an era when there were few upscale brands in Canada, the now retired Gerhardt himself became the face of luxury in Toronto.

He was also an early pioneer in understanding the link between celebrity and destination marketing.

In the 1980s, the Sutton Place was celebrity central largely because of him. For one thing, he actively courted the Hollywood set, treating them like royalty before it was common for actors and musicians to have their names on perfume bottles and clothing lines. He also understood the halo effect that celebrities had on his establishment.

But perhaps Gerhardt's finest talent was in understanding marketing and media, which, combined with his outsized personality, allowed the hotel to punch above its weight against the big luxury hotel chains of the day.

General managers are generally faceless today, content to rely on the large marketing machinery provided by their brands. Gerhardt had to work harder to get attention.

"We didn't have a chain or have a large back office reservation system at the time, so we had to fight for business," he said. "And the best way to get business was simply to be there for people and go the extra mile. Good service never goes out of style."

TORSTAR NEWS SERVICE

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold
+ 14.19 (13,391.35)	– 0.59¢ (102.65¢ US)	– $2.28 US ($97.37 US)	$4.223 US (– 2.3¢ US)	$1,490.60 US (– $3 US)

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ZEN AND THE ART OF CLOSET MAINTENANCE

SHE SAYS ...

JESSICA NAPIER
METRO

I have too many clothes. I know this for a number of reasons: the current balance in my chequing account, the fact that I can wear a different floral dress everyday for a 16-day period and, last week, all of the shelving in my walk-in closet collapsed.

Yes, the weight of my excessive shopping habit literally came crashing down on top of me — taking a significant amount of drywall with it in the process.

The untimely failure of my heavily burdened clothing rail forced me to do something I had been putting off for a while — edit my wardrobe. It took four painful hours to gather all my garments, make three piles (keep/garbage/donate) and then reassemble the keepers in a temporary shelving unit.

But once I did it I felt a rush of satisfaction. Here I was staring at a significantly smaller collection of clothes and, yet, I was thrilled about it. Goodbye, pilling cardigans; see ya, ironic graphic tees; sayonara, jeans I haven't fit into for three years! Once I said so long to all my obsolete outfits, I felt as if an enormous unfashionable weight had been lifted off my shoulders.

"Paring down my belongings and de-cluttering my life has left me feeling surprisingly Zen about my previously cramped apartment."

I wanted more of this organizational high, so I went on a weeklong cleaning binge, banishing the piles of cheap tangled necklaces, the rusty frying pans that would surely poison me if I used them and the DVDs collecting dust in an era of iTunes. Once I started, I couldn't stop.

In my youth my mother would roam around the kitchen shrieking "surfaces darling," mimicking Absolutely Fabulous diva Edina Monsoon. "I just want SURFACES, darling. I don't want this, look, I don't want this. I don't want THINGS on PLACES like that."

And that's the point. I don't want things on places; I want to purge all the unnecessary bits and pieces until I am left with clean countertops, smooth bed linens, books tucked away on shelves, coats hung in closets, hats upon racks and so forth.

It seems the advertisers have been lying to us all along — less stuff actually equals more happiness. Paring down my belongings and de-cluttering my life has left me feeling surprisingly Zen about my previously cramped apartment.

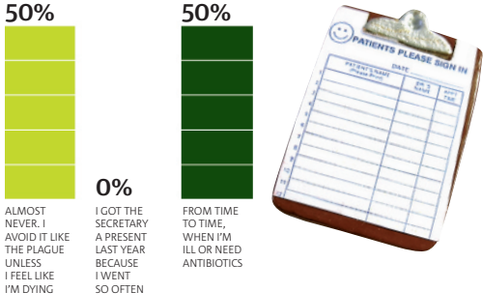
I have become an anti-hoarder and I want to spread the gospel of minimalist living to you, dear reader. You must be ruthless with your sentimental knick-knacks; take a hard look inside those crowded cupboards and overflowing drawers, and you will realize that most of those trinkets and tchotchkes you have collected over the years aren't keepsakes — they're actually just crap.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel

Register at metrolifepanel.ca and take the quick poll

How often do you go to the doctor?



Local tweets

- **@bret staffen:** You have to be beyond obnoxious and egotistical to announce like it's newsworthy that you're *not* running for President. #Trump
- **@jkryk:** But is #Trump still in the running for Hair Club For Men President?
- **@mike_def:** Not mentioned in #Trump's announcement; He can't run for office due to his new sitcom deal w/ NBC, a show called "S#@! That Douche Says"
- **@matty_jg:** #Trump chooses not to run for President. Official reaction from the White House: "Buck, buck, buck ... buckAHHHH!"
- **@allysapparition:** Turns out an afternoon poutine is THE way to get through a cold rainy day
- **@s_langendoen:** Peep toe shoes on a rainy day = soggy feet. This weather can suck it. #seriously
- **@agentsafari:** Watched my son's soccer game in cold, rainy day & now off to my other son's rugby game. Someone should cheer for mom. GO MOM GO.
- **@lousicoli:** They should call this the "parents driving with little kids" blitz.

Worth mentioning

BRUSSELS, Belgium. The Iberian lynx that prowls the grasslands of southern Spain. The Mediterranean monk seal swimming in waters off Greece and Turkey. The Bavarian pine vole that forages in the high meadows of the Alps.

These are among hundreds of European animal species — up to one-quarter of the total native to the continent — that are threatened with extinction according to a warning issued this month by the European Union.

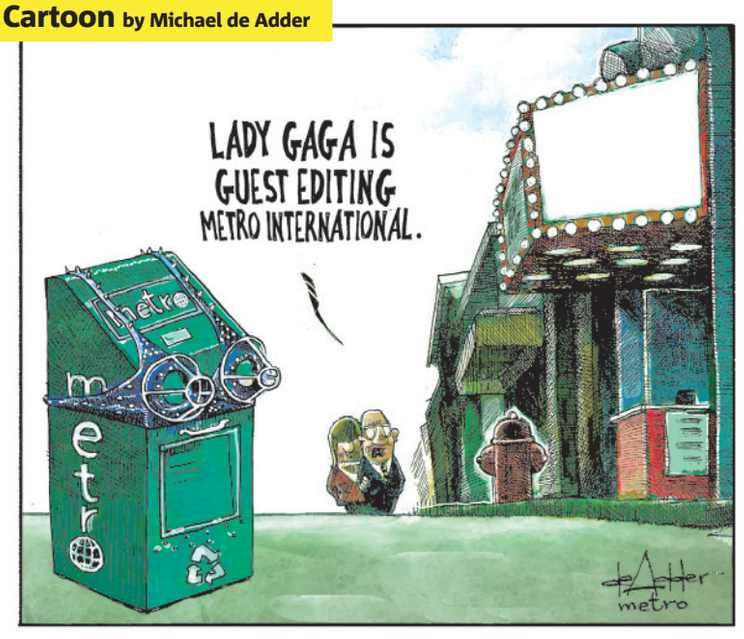
The threatened species include mammals, amphibians, reptiles, birds and butterflies. Plant life is under threat as well. The crisis is due to several factors, including loss of habitat, pollution, alien species encroachment, climate change and overfishing.

Critics say the EU's proposed solutions don't go far enough and lack funding.

"Life is possible because of biodiversity," said Ana Nieto, with the International Union for Conservation of Nature. "Everything comes from biodiversity. Everything comes from having well-functioning ecosystems."

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Oprah trumps U.S. justice system

The fervour over Oprah Winfrey's final season has even hit U.S. federal court — again.

A potential juror in the trial of a Chicago businessman accused in the 2008 Mumbai terror attacks has been given permission to miss a day of jury questioning to attend a taping of The Oprah Winfrey Show. It's Winfrey's last season, and some final episodes are being taped at Chicago's United Center.

The juror was one of nearly 100 in court yesterday for Tahawwur Rana's trial. Rana's attorneys took the matter in stride, calling it a big Chicago event.

Last month in another federal trial, a judge in ex-Illinois Gov. Rod Blagojevich's corruption trial dismissed a juror who had tickets to Winfrey's show and was worried jury duty would force her to miss it. THE ASSOCIATED PRESS

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Fox hopes Cowell is a ratings X-Factor

American network unveils fall TV schedule America's Most Wanted cut, while new Spielberg prehistoric drama Terra Nova gets green light

Fox is cancelling America's Most Wanted, the Saturday night show that has profiled criminals on the lam since 1988, and replacing it on the network's regular schedule with reruns.

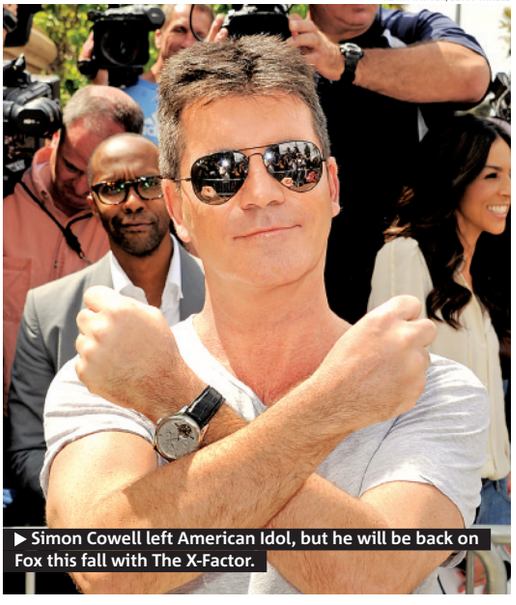
The network, as part of its new season schedule announcement yesterday, said it will introduce eight new series next year. They include Simon Cowell's talent show The X Factor, which was given time slots in the fall similar to American Idol.

Fox said it would do four, two-hour America's Most Wanted specials next season, but it will no longer be a regular fixture on the network schedule. The series, hosted by John Walsh, debuted in April 1988 and has been on Fox's Saturday night schedule since 1994.

"We have not made money on the show for a while," said Kevin Reilly, Fox's entertainment president. "It was economically getting to the place where it was not viable anymore, but we wanted to keep the concept alive."

Fox is excited about Cowell's return, following his exit as an American Idol judge last year. The X Factor has Cowell, Paula Abdul, Antonio "L.A." Reid and Cheryl Cole as judges, and has 90 minutes in prime time on Wednesday and Thursday nights.

KEVIN WINTER/GETTY IMAGES



Simon Cowell left American Idol, but he will be back on Fox this fall with The X-Factor.

"There's an excitement and a buzz around the show that we've never seen before," said Peter Rice, Fox network chairman, noting that The X Factor drew more people to its auditions than Idol ever has.

If the show is a success it could be a game-changer for Fox, which has suffered in the ratings in the fall for years because American Idol doesn't begin until January.

Actress Zooey Deschanel will star in a new Fox comedy this fall tentatively titled New Girl. She plays a woman in her late 20s who moves in with three single guys after a bad breakup.

Another new Fox comedy, I Hate My Teenage Daughter, features Jaime Pressly and Katie Finneran playing single moms to teen-age daughters, realizing the girls are exactly like the kids that once tormented them in high school.

Fox's new series also include the long-awaited debut of Terra Nova, Steven Spielberg's drama that sends a futuristic family back to prehistoric times.

THE ASSOCIATED PRESS

Schedule

Fox's schedule for the upcoming fall TV season.

- **Monday:**
  8 p.m. - Terra Nova
  9 p.m. - House
- **Tuesday:**
  8 p.m. - Glee
  9 p.m. - New Girl
  9:30 p.m. - Raising Hope
- **Wednesday**
  8 p.m. - The X Factor
  9:30 p.m. - I Hate My Teenage Daughter
- **Thursday**
  8 p.m. - The X Factor
  9 p.m. - Bones
- **Friday**
  8 p.m. - Kitchen Nightmares
  9 p.m. - Fringe
- **Saturday**
  8 p.m. - COPS
  8:30 p.m. - COPS
- **Sunday**
  7 p.m. - The OT
  7:30 p.m. - The Cleveland Show
  8 p.m. - The Simpsons
  8:30 p.m. - Allen Gregory
  9 p.m. - Family Guy
  9:30 p.m. - American Dad

LADY GAGA

'What advice would you give your 15-year-old self, knowing now what you didn't know then.'

I would tell my 15-year-old self that it will always be hard. When you graduate you leave a homophobic high school and enter a homophobic world. But in that hate there is a choice, either be yourself or hide. And if you DARE to be yourself know that it will be tough. But in that difficulty, there will be opportunity ... an opportunity to change the world by being yourself.
Jeremy Dias, Founder & Executive Director of Jer's Vision

I would strongly advise my 15-year-old self to START NOW! Start being your true self, be a leader: speak, live and love loudly! Celebrate who you are and others will too (at least those who really matter). Also, the fact that you're gay is but one part of you — nurture that side of you as you do the others, and be balanced. I would say.
Ryan MacGrath, Canadian Singer/Songwriter

2 scene

Scene in brief

Famously private Penelope Cruz reveals her overwhelming feelings as a new mother in the June issue of Vogue magazine. Cruz begins to cry when talking about her son, Leonardo. She says she felt love for her baby "from the first second" he was born in January.
THE ASSOCIATED PRESS

Getting personal: Memoir by talk show host Ricki Lake coming in 2012 when new show launches. Scan code for story.

ET will soon lose Hart

After nearly 30 years, TV's pioneer celeb reporter is calling it quits

HEATHER WINES/ASSOCIATED PRESS/CBS

▶ Mary Hart was the subject of David Letterman's Top 10 List last week.

The list of exiting TV personalities seems to lengthen every day: Oprah Winfrey, Regis Philbin,Larry King, Katie Couric, Jim Lehrer, Meredith Vieira.

And don't forget Mary Hart, whose last Entertainment Tonight broadcast is Friday. Celebrity and entertainment coverage has changed markedly since she began anchoring the show in its first year in 1982.

It was the first weekday syndicated show devoted solely to entertainment news when it began, and has remained at the top of the ratings as similar shows came along. And ET (as it is fondly known), remains one of the top sources for celeb news among the many other shows, websites, magazines and news outlets now covering the subject.

"She will be missed," said Bill Carroll, an expert in the syndicated television market for Katz Media. "She has become iconic."

She's built up plenty of relationships with the rich and famous from seeing them so many times through the years. She talks about "my friends Maria and Arnold" (that would be Shriver and Schwarzenegger, who just announced a separation) and how she's talked with Shriver about dealing with life's transitions.

She's friendly with singer Marie Osmond, and attended the funeral of Osmond's son, who committed suicide last year. She learned in confidence that Osmond had reconnected with her first husband but kept it a secret until getting the go-ahead from Osmond to report that the couple had remarried.

"There are times when you have to keep something and respect that friendship," Hart said.

Hart, a former Miss South Dakota and now 60, has worked with five male co-hosts, most notably John Tesh and currently Mark Steines. Nancy O'Dell will replace her.

"I'd been thinking about this for a very long time knowing it would be difficult and it is difficult," Hart said. "It's a very strange feeling knowing that I'm doing a final show and actually saying goodbye on the air. It makes me very emotional at times."

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Hart attack

In 1991 a medical journal reported that the sound of Hart's voice triggered seizures in an epileptic woman, which inspired a Seinfeld episode.

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‘Don’t try to be young’

At age 89, Betty White is proof you don’t need youth to have success – and a lot of fun

A few Betty White turn-ons:

She likes a cocktail before dinner and a weekly poker night. She has a taste for french fries and hot-dogs, and a jones for crossword puzzles. And, in service to her passion as a writer, reams of lined notebook paper really get her going.

Indeed, White has written a new book, If You Ask Me (And Of Course You Won’t). It’s a chipper, hopscotching meditation on her life, loves and career — with lots of photos.

By now, at 89, White has become a role model for how to grow old joyously. And more than that: for how to keep growing.

“Don’t try to be young,” she suggests. “Just open your mind. Stay interested in stuff. ... You know people who are already saying, ‘I’m going to be 30 — oh, what am I going to do?’ Well, use that decade! Use them all!”

She loves — note the present tense — her late husband, quiz-show host Allen Ludden, who died from cancer in 1981.

And as everybody knows, she loves animals. Always has. Are there any critters she doesn’t like?

“No,” White quickly answers during a recent interview. “Anything with a leg on each corner.”

On this whirlwind publicity tour for her book, White is warm, witty and a bit apologetic for all the attention she’s commanded of late. For example, her current TV Land sitcom, Hot in Cleveland, which begins its third season next month; her Saturday Night Live hosting gig a year ago, which brought her raves and a seventh Emmy; a hidden-camera show in the works for NBC that will turn senior citizens into pranksters punking young folks.

“There are so many things I won’t live long enough to find out about, but I'm still curious about them.”
BETTY WHITE

“I’m going to be 90 in January — I shouldn’t be working,” she mock-protests with a twinkle in her eye. “I should go somewhere and let people have a rest. But I can’t help it. I just enjoy it!” **THE ASSOCIATED PRESS**

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Gaga stardom hasn't gone to Aragon's head

ELISHA DACEY
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ELISHA DACEY/METRO WINNIPEG

▶ 10-year-old Maria Aragon got to go on stage with Lady Gaga at a concert in Toronto.

The pint-sized singing sensation that wowed Lady Gaga talks to Metro about what her life has been like since the defining moment when she stepped on stage with the superstar at a concert in Toronto. A few hints: she's started piano lessons, she's working on more cover songs and she's been mobbed at a science fair. Learn more about Winnipeg's Maria Aragon, age 10.

It takes a lot of guts to post videos of yourself singing for the whole world to hear. How did you even start doing that?
After my sister got her YouTube channel … we thought it would be fun if I was on YouTube, so we did it, and I got a little bit of exposure 'cause I really like to sing. It's fun. I've been posting videos on YouTube for about three years.

How do you learn a song?
On piano, I do it by ear, that's how I did the video Price Tag and Born This Way. But Waving Flag, after everything happened, I got piano lessons from Academy of Music here in Winnipeg and my piano teacher helped me figure out Waving Flag by ear.

Wait. You've never had piano lessons?
I never had piano lessons ever before in my life. My brother … he played piano. On my seventh birthday, my sisters got me a piano, it was like one of those mini ones. And then my brother, he liked it more than I did, so he wrote his first song on that piano. And then we got this one for him (gesturing to the large keyboard in the Aragon living room). I wanted to play piano because he was so good at it and I wanted to learn piano … It was just watching him or listening to music and figuring it out.

OK. Explain the monkey thing to me. You take it everywhere.
After we taped (Good Morning America) we went shopping because, of course, it's New York. We went around Times Square and we passed this M&M shop … and that's where I found this monkey … and my cousin bought him for me, he was the one who introduced me to Born This Way.

What's the monkey's name?
His name is Monkey.

What's the craziest thing that's happened since this whole thing started?
I went to regionals for science fair just the other day … people were looking around, they started to recognize me, people started to follow me, and I told my friends 'Help, help, people are following me!' The crowd got bigger, all through the gym, and the next thing we knew it was picture-taking time.

Did you win anything?
I wasn't there for the awards ceremony, but my friend told me we got silver. (The experiment) was on how safe drinking water was."

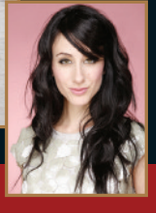
SPECIAL INFORMATION FEATURE PRESENTED BY BLACK TOWER

Photo by Ryan Emberley

Courtney French, 20, Student

Black Tower's Look of the Day

"This season we're seeing an explosion of prints from abstract to animal. Our Metro girl's decision to pair an elaborate animal print top with a pair of simple cut-offs and a basic fitted black blazer makes the print the focus of the outfit. Accessorizing it with a tasselled purse and oversized sunglasses adds that Rock 'n' Roll edge, and her cut-off jean shorts and flat jewelled ballet slippers show just enough skin and attitude to give her a flirty and confident look."



All week in Metro, see noted stylist Alissia Marciano's spring style tips in Black Tower®'s Look of the Day. And the next time you're at the LCBO, why not grab a newly redesigned bottle of Black Tower® Rivaner ($8.95). Cool and crisp, it's the refreshing way to end your day.

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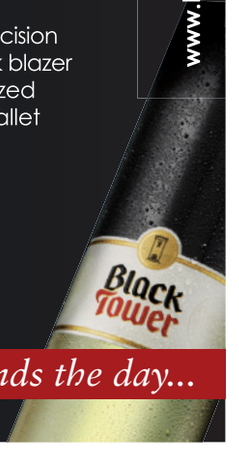

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Aniston's dad: She just needs a good Greek man

Wants to see her go back to her family roots

ALL PHOTOS GETTY IMAGES

Jennifer Aniston

Jennifer Aniston is getting no shortage of dating advice — even at home. The actress' dad, John Aniston, thinks that the former Friends star should get back to her roots with a fellow Greek, according to People magazine. "I would be glad about that," says John, who was born Yannis Anastassakis in Crete, adding that the beau would have to be a "good Greek man." And what does that entail? "Honesty," he says.

METRO

Angelina Jolie

Angie's kids know they're adopted

With three of her six children having been adopted, it's no surprise that Angelina Jolie is extremely open about the topic at home. "The words adoption, birth mothers [and] orphanages are happy words in our household, and we talk about those subjects all the time," she says, according to People magazine. "Life is very much about family and the family you choose. You can define your own destiny despite what happened to you in the past." METRO

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Celebrity tweets

"I think I just tushie-tweeted by mistake! :) sorry!"

@ladygaga

@woodelijah

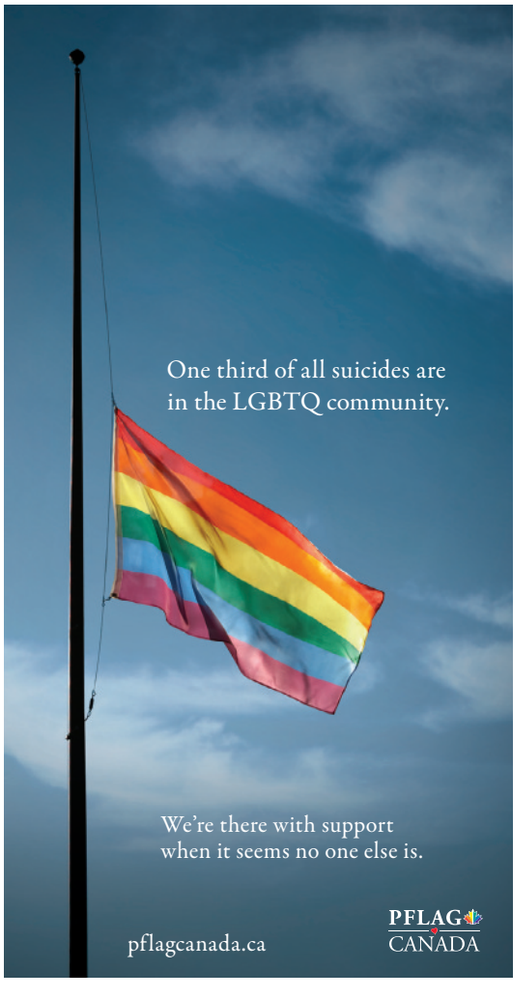
"Listen to: Prince - Dirty Mind"

@oliviawilde

"in a thousand years archeologists will dig up tanning beds and think we fried people as punishment."

@jimmyfallon

"My date showed up in high heels and a spray tan. When I stood next to her, I looked like a small pale ghost boy."



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3 life

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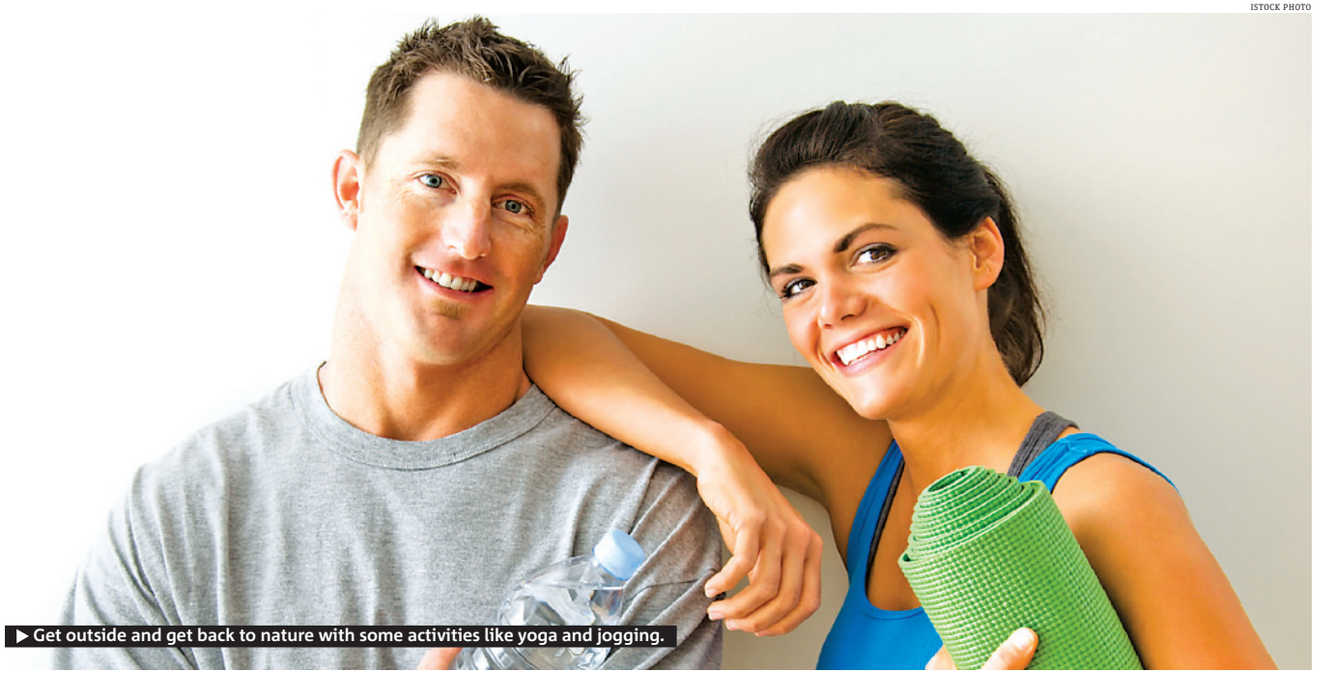

▶ Get outside and get back to nature with some activities like yoga and jogging.

Spring clean the body

As Canadians prepare to clear out the garage, they should consider doing a detox of their bodies, too Everything from soups to herbal teas can help rid the body of the winter waste

CELIA MILNE
LIFE@METRONEWS.CA

Spring. The trees and flowers are swelling with new growth and blossoms. It's time for rebirth. What about your body?

If you're looking for a spring cleanse, take the advice of Ann Lawrence, a doctor of naturopathy at Dragonfly Family Health Centre in Ottawa.

"Drink lots of water and stay away from smoking, alcohol, coffee, dairy, chocolate and sugar as these aggravate the health of nearly everyone," she says.

Eat a lighter diet concentrating on soup broths, brown rice and loads of vegetables, especially leafy greens and sprouts as they help the liver to cleanse. Probiotics help with intestinal health.

Lawrence makes a detox tea consisting of dandelion root, burdock root, milk thistle seed and stinging nettle. You can find a similar blend at many of the tea shops that are springing up. Flavour your cleansing tea with ginger, lemon, peppermint or cinnamon.

"Get outside and be in touch with nature. There is healing power in being among trees."
ANN LAWRENCE

Cleaning up your act doesn't just mean eating better. It also involves sleeping better and getting active. Lawrence suggests getting to bed by 10 p.m. if possible, as the hours of sleep before midnight are very important for the body's renewal.

Exercise regularly – daily, if possible.

"Get outside and be in touch with nature. There is healing power in being among trees. We all need that connection to the earth and nature to rejuvenate us," says Lawrence.

As part of spring cleansing, hang out and enjoy time with friends and laugh. Learn relaxation techniques such as yoga.

"Simplify your life by deciding what is a priority. Find endeavours that support you rather than draining you," she suggests.

HAART

A low supply of some cancer drugs is a concern for hospital pharmacies, the Canadian Pharmacists Association says. Hospital pharmacies are keeping a careful eye on certain cancer drugs that are in short supply, hoping to ensure that Canadians don't face delays.

THE CANADIAN PRESS

Treating HIV patients earlier lowers chances of spreading the virus, which is a key to prevention

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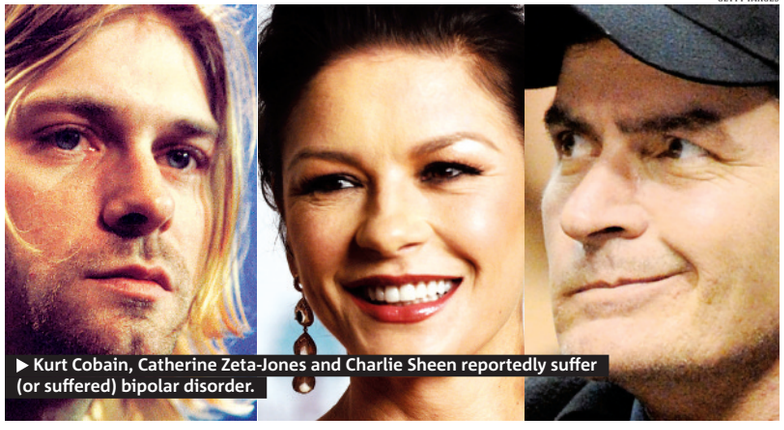
Looking inside the bipolar mind

We're beginning to understand more the dangerous ups and downs of bipolar disorder since Charlie Sheen started rambling and Catherine Zeta-Jones checked into rehab Often dismissed, it's at times a lethal illness

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES



▶ Kurt Cobain, Catherine Zeta-Jones and Charlie Sheen reportedly suffer (or suffered) bipolar disorder.

You know the term. It's made the news (especially after some celebrities went public) and friends may even claim to have it. But what is bipolar disorder exactly, and how is it different from general mood swings?

"Bipolar disorder is an accentuation of mood states beyond what we normally experience," explains Dr. John Sharp, a psychiatrist and neuropsychiatrist based in Boston and Los Angeles. "This isn't a day-to-day state, but a week-to-week, month-to-month situation that can suddenly spin out of control."

Yet bipolar disorder remains a big question mark for researchers who have so far failed to fully understand the illness. It's generally hereditary and runs in the family — meaning genetics, not upbringing (don't go blaming your parents quiet yet), are thought to be behind the condition caused by a problem with the section of the brain that runs our moods. Stress, physical illness and sleep deprivation are the most common triggers.

"What happens to someone suffering from bipolar disorder will depend on which way the mood has swung. Everything is intensified from the highs to the lows," says Sharp.

For example, mania begins where exuberance leaves off and in extreme cases can be a psychiatric emergency. One's mood is exceptionally high, causing happiness and euphoria, amplifying creativity, energy and self-esteem. Speech is rapid and the flight of ideas endless. This early phase is intoxicating and addictive as the person thrives. But control over their behaviour is soon lost.

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Weather

While opinion may be divided allergists are issuing warnings.

▶ **Warning** The highest tree pollen count in three years triggered a dangerous air quality warning Friday in Chicago, where allergist Dr. Joseph Leija warned in a statement that those with sensitive respiratory systems should be cautious.

Allergy sufferers take another hit

Allergy season is lasting a whole lot longer as the latest heavy rainfall is boosting pollen and mould

There may be a whiff of truth to claims by allergy sufferers who sniffle that this season is, well, a bigger headache than years past.

And now, more bad news: It's also lasting longer, prolonging the misery of the millions of people for whom spring is a punishment, not a pleasure.

Heavy snow and rain in some parts have nourished a profusion of tree pollen, while a sudden shift to warm, sunny weather has made its release more robust. The deluges and, in some places, flooding, have pumped up the volume on mould. Add in the wind, and the suffering

DAVID DUPREY/THE ASSOCIATED PRESS

skyrockets. Warnings about the difficult season have come from allergy specialists from across North America. Dr. Stanley Schwartz hears horror stories from patients all the time — every year, in fact, he noted with a wry smile.

"Literally, every year is the worst year," said Schwartz, chief of allergy and rheumatology for Kaleida Health and the University at Buffalo. "Now it may actually be, but when it's there and you're feeling it, you don't remember what last year was like."

What is certain is that allergy seasons in general have been getting longer and more challenging, said Angel Waldron, spokeswoman for the Asthma and Allergy Foundation.

"We do know that climate change and warmer temperatures are allowing trees to pollinate longer than usual," she said.

THE ASSOCIATED PRESS

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Great expectations fall short at the Pie Company

Pies at this eatery are home-baked but thick crusts make them lacklustre

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

There aren't too many places in the city that specialize in pies *and* include room to sit and enjoy them.

The Canadian Pie Company
798 Queen St. E.
416-781-4PIE (4743)
thecanadianpiecompany.com
Reservations: Yes
Quick solo lunch: Yes
Rating: 1.5 out of 5

So The Canadian Pie Company — home-baked pies galore! — was a must-visit.

The charming little corner space in Leslieville offers just few tables, so you've got to go early.

Instead of paninis, we opt for savoury pies. Butternut Squash & Parmesan ($6.95) and Chicken Pot Pie ($6.95) are served with your choice of soup or salad. Too bad the flaky crust is so thick that it's hard to discern the filling at all.

The cubes of squash fare slightly better than the mushy blend of chicken and veg.

We hope the dessert pie will make up for it.

A slice of Peach-Raspberry ($5.50) with ice cream, however, yields the same results — almost no fruit filling with insanely thick crust.

STEPHANIE DICKISON

▶ The Peach-Raspberry Pie's thick crust was overwhelming.

That, combined with long wait times, illustrates there is still work to be done here.

THE CANADIAN PRESS/ HO

Avocado Lemon Wrap

For a creamy, crunchy and tangy sandwich that's all rolled up to go, make this nutrition-packed Avocado Lemon wrap.

It can be packed in school lunches or served as a tasty snack.

Preparation:

1. Core and julienne apple. Pit avocado and slice lengthwise. Dividing evenly, spread apple and avocado on each wrap.
2. Top with lettuce, then tuna. Roll up, then slice to make 3 pinwheels per wrap.

THE CANADIAN PRESS/ CLOVER LEAF

Ingredients:

- 1/2 Granny Smith apple
- 1/2 avocado
- 2 20-cm (8-inch) wholewheat tortillas
- 375 ml (1 1/2 cups) shredded iceberg lettuce
- 2 cans flaked light tuna with lemon pepper

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San Diego Air + 4 Nights $659◊
Holiday Inn Downtown — + taxes & fees $140
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TICO

Looking out for youth

Website's goal is to promote a Gay-Straight Alliance in schools

ALEX DUFFY
EGALECANADA
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ISTOCK

▶ MyGSA.ca can be a good source of information for LGBTQ youth.

While LGBTQ youth face many of the same pressures and confusions that most adolescents face in coming to terms with their transitioning bodies and academic and social stresses, they often must do so while negotiating a mammoth part of their identity.

Many questions can arise, including, how can I deal with this, how can I help make it better and where do I even start?

A good starting point is MyGSA.ca, the national LGBTQ safer schools and inclusive education website. It is the first and only national resource dedicated to helping LGBTQ youth.

It was developed to help create safer and more inclusive schools through the elimination of homophobia, transphobia, and biphobia, and the integration of LGBTQ matters.

The "GSA" part of the web address stands for Gay-Straight Alliance and refers to a student-led group or club where LGBTQ youth, youth with LGBTQ family members, and their allies can meet to tackle tough issues like discrimination based on sexual orientation and gender identity.

MyGSA.ca is a virtual place for all Canadians to come together to share experiences, stories, struggles and triumphs. The site is the hub of the Safe Schools Campaign by the LGBTQ human rights charity, the Egale Canada Human Rights Trust.

On the site, you'll find a variety of information and resources that you can use or pass along to the youth and educators in your life.

There are simple and informative postcards as well as comprehensive resource guides and step-by-step instructions to setting up a GSA at your local school. You'll also find examples of the many schools in Canada where students and educators alike are hard at work to make it better for all of us.

Indeed, since its launch just one year ago, 150 GSAs from every province in the country have registered on the site, each one viewable on the online GSA directory.

Take a look and see if your local school has a GSA — if not, why not?

LADY GAGA

'Seek out support'

Metro: What advice would you give to a young lesbian, gay or transgendered Canadian struggling at home or at school to discover him or herself — and his or her place in the world.

Const. Lynn MacDonald: The advice I would give to youth is to seek out support as soon as possible. They are not alone and there are some really great resources out there. Call the Kids Help Phone if they need someone to talk with. Check out the local LGBTQ resource centres in their area and look for youth support groups, counselling, etc. For kids that are struggling with their sexuality and faith, check online for organizations in their area that celebrate faith in an inviting and welcoming environment for LGBTQ people. I know that we tell our kids to hang on that it will get better but the reality is they shouldn't have to wait for it to get better. They don't deserve to be abused and we need to make the harassment and assaults stop. We need to hold the people who are doing it accountable. This can be tough for kids that aren't out so it is important for us as adults to step up and hold people accountable. We need to be the voice for our youth when they are not strong enough to stand up for themselves.

CONST. LYNN MACDONALD
CALGARY POLICE SERVICE
DIVERSITY RESOURCES UNIT

FEELING THE GAS SQUEEZE?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Gasoline prices are raging upwards as the price of oil remains high and summer driving season demand increases. If your budget is getting squeezed, get smart with your fuel consumption.

Ensure your vehicle is well maintained; regular oil changes and the right tire pressure. Plan your travel in advance, avoid peak travel times to reduce idling and take the shortest route. If you're travelling long distances, drive the speed limit and use cruise control.

When your speed is constant and within the limit, you'll use less fuel and avoid expensive traffic tickets. Reduce clutter or unnecessary weight in your car and consolidate your errands into one trip.

To find the most affordable fuel in your area, check out sites like gasbuddy.com or gasticker.com. You can also use smartphone apps that track local prices.

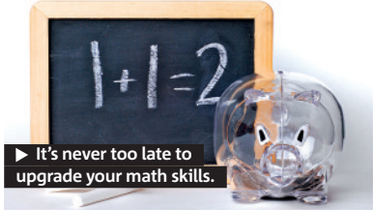
Consider alternative forms of transportation.

This past weekend, rather than driving, I pulled out my bicycle, filled the tires with air and rode 35 minutes to meet friends for coffee. I saved money on fuel and got my daily exercise. Try walking, running, biking, blading, car pooling or public transit to get to your destination.

If you're in the market for a new vehicle, consider one that's fuel efficient or uses an alternative fuel like natural gas or a hybrid. When you cut back on your fuel consumption you'll save money and reduce your emissions.

Are you a math dummy? You're probably not alone.

ISTOCK



▶ It's never too late to upgrade your math skills.

Most Canadians lack confidence and skills when it comes to math and money matters, according to a new survey released last week.

The online poll, conducted on behalf of ABC Life Literacy Canada, found 79 per cent of Canadians aren't fully confident in their ability to teach another person about money, saving and budgeting.

The Ipsos Reid survey found six in 10 Canadians say they can use help with their financial management skills, including 73 per cent of those aged 18 to 34.

"Overall, what we're finding is there is in general a lack of understanding, of familiarity, among many Canadians when it comes to some key financial terms and when it comes down to it in their own beliefs and capabilities to plan for a secure future," said Sean Simpson, associate vice-president with Ipsos Reid. **THE CANADIAN PRESS**

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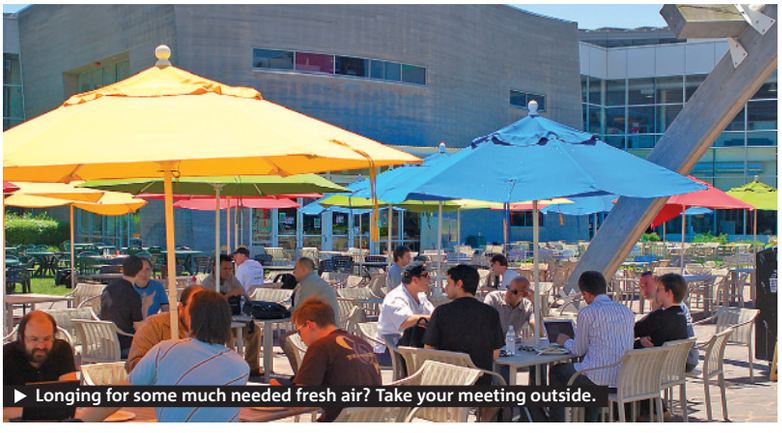
Give yourself a break

Stop staring out windows as you drill away at your desk **Take that well-deserved time off**

JON TATTRIE
LIFE@METRONEWS.CA

WHITE AFRICAN/FLICKR



Longing for some much needed fresh air? Take your meeting outside.

As spring thaws out Canada and floods the land with warm sunshine, office drones may feel the glory days are passing them by. You could set up a webcam and live stream the sunshine to your computer, or you could take expert advice and make the most of your breaks.

Stan Murray, director of healthy workplace at Canada's National Quality Institute, says workers may feel pressure from their bosses to not take breaks, or guilt for leaving the office. But the good outweighs any bad for everyone, he says.

"If you're taking your breaks, you're doing all sorts of wonderful things for yourself. You're releasing tension, you're reducing stress, helping ease symptoms of depression and anxiety, lowering your blood pressure and helping to prevent headaches from eye strain," he says.

The benefits are increased if you take an active break and get your heart rate up. Use your lunch hour to hit the gym and if you need an extra 10 minutes, tell your boss. Your increased energy when you get back will quickly make up for it, Murray says.

"Senior leaders are role models and should set examples by taking lunch breaks and not encroaching on personal time," he adds.

Judith Down, director of the Alberta Centre for Active Living at the University of Alberta, says too many workers spend too much time sitting at their desk.

When you need to speak with a colleague, she says to invite them on a "walking meeting."

"Instead of sitting in one place, you go for a walk with the person you want to meet with, either outdoors or indoors. That way you're getting your business done and getting some exercise," Down says.

"You can get a bit bogged down if you don't take a break."

Breaking bad

Canada needs to relax..

- Canadians work more than just about anyone else in the world. Europeans average 25 to 30 vacation days a year and Americans take 15, but Canada average just ten.
- An Ipsos-Reid poll showed 29 per cent of Canadians don't even use their full allotment of days off. On average, Canadians skip two vacation days each year.
- The poll showed 12 per cent trade those days for money, but most just don't get around to booking them.
- Get tips on how to make your office active and health at healthywork placemonth.ca.

Preparing to get pushed out

Know the tell-tale signs you're slowing being fired

DREW HINSHAW
LIFE@METRONEWS.CA

ISTOCK

▶ If you fear the worst for the future of your current position, build a solid support system around you to ease the blow if the bad news drops.

One day, you're working the same deck you've swept for however many years, thankful to have a job in a time when unemployment numbers look like sharks. And then comes new management.

When fresh higher-ups take over a company, quite often many a lower-down is fired, and even more smoked out, slowly nudged down the office plank.

Being pushed out — fired in agonizingly slow motion, really — may be the most dreadful way to get let go, career counsellors say, and the way you conquer the terror can determine how fast you rally back.

"The first thing you need to do is step back and see if you're really being pushed out."
CAREERBUILDER.COM ADVISOR MICHEAL ERWIN

"The first thing you need to do is step back and see if you're really being pushed out," Careerbuilder.com advisor Micheal Erwin advises to those who could be on the way out.

"When there's change in an organization, a lot of times your mind will run amuck and you can feel like you're being pushed out when management is actually just trying to get a hold on everything that's going on in the company."

Stay cool, open-minded, and ready to subtly prove your worth, he recommends.

You may, he notes, be only suffering from a bout of pushed-out paranoia.

"But if they stop giving you projects, if they stop asking you to come to meetings, if they stop asking you for input, those are all signs that your position may be eliminated," he warns.

HAVE NO FEAR

A company can always toss your job up on the chopping block – but it's up to you whether your pluck gets stuck in the same guillotine.

"Rediscover your confidence. Find out what you're really afraid of," author Danna Beal of The Extraordinary Workplace guides. "If you're operating from fear you'll make the situation worse."

WHAT FRIENDS ARE FOR...

Being pushed out? Find someone to lean on.

"You need to assemble a board of advisors around you," executive coach Barbara Frankel says. "Ask them for recommendations. Focus on your career goal. Ask, 'what would be the best path going forward.'"

The way out may be so obvious, she adds: "If it's a large enough company, you may be able to just transfer to another department."

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4 sports

Quoted

"Time is running short. It's time to get back to the table and get those issues resolved."

NFL COMMISSIONER ROGER GOODELL. THE NFL'S LOCKOUT STAYS, A FEDERAL APPEALS COURT RULED YESTERDAY. THAT MEANS THE LEAGUE LIKELY WON'T GET BACK TO BUSINESS UNTIL NEXT MONTH AND MAYBE FOR MUCH LONGER.

PAUL SANCYA/THE ASSOCIATED PRESS

▶ Kyle Drabek pitches against the Detroit Tigers last night.

Drabek tames red-hot Tigers

Young pitcher allows only one run over seven innings ◐ Blue Jays win their sixth straight

Kyle Drabek pitched seven strong innings as the Toronto Blue Jays snapped Detroit's seven-game winning streak with a 4-2 victory last night.

Drabek (2-3) allowed only one run despite walking six, and gave up three hits and struck out two as the Blue Jays won their sixth straight and moved a game above .500. Frank Francisco pitched the ninth for his fourth save, but allowed a solo homer to Jhonny Peralta.

4	2
BLUE JAYS	TIGERS

Tigers starter Max Scherzer remained at 6-0 after pitching seven innings and allowing a run in a no-decision. Toronto won the game with three runs off Joaquin Benoit (1-3) in the eighth. Jose Bautista and Edwin Encarnacion started the inning with singles, and Aaron Hill made it 2-1 with a double. Juan Rivera and J.P. Arencibia followed with sacrifice flies to give the Blue Jays a 4-1 lead.

THE ASSOCIATED PRESS

LADY TALK

'What advice would you give your 15-year-old self, knowing now what you didn't know then.'

I would tell myself that the attraction I was feeling for my girlfriends would in the long run be who I am. That my parents would love me unconditionally and that no one that I cared about would turn their back on me. I would tell myself that the future is full of great times and a life filled with love. I would tell myself to be more confident in who I was and that people would love me for who I am. I would tell myself how great my life was going to be, how times would change and the world becomes more accepting and open as each year passes. I would tell myself to love with all my heart and not hold back ... in the end love is what makes our life worth living.

Lori Andrews, Canadian Rockies International Rodeo 2010 all around champion

It is important to learn life lessons now and apply them to how you want to grow and develop. Absorb what you can from life and opportunities will come your way. Wait until you feel comfortable with yourself and have confidence in yourself before you come out. It is not wrong to mature and experience life knowing who and what you are and then come out when the time is right for you. Spend time building your confidence, educating yourself, your family and friends and come out when it feels right for you.

I am glad I followed the path I did and experienced all the things I did. I don't regret waiting to come out when I did because it was when I was supposed to. If I came out earlier I might have lost life experiences that made me who I am today. Be confident about coming out and don't worry about coming out because it is never as bad as we anticipate. Those who love us will eventually come to terms with who we are and know that we are confident, loving and happy individuals.

Scott Woodruff, Canadian Rockies International Rodeo 2010 all around champion

NATIONAL HOCKEY LEAGUE

PLAYOFFS

All times Eastern

CONFERENCE FINALS

(Best-of-7 series)

EASTERN CONFERENCE

BOSTON (3) vs. TAMPA BAY (5)
(Tampa Bay leads 1-0)
Tonight's game
Tampa Bay at Boston, 8 p.m.
Thursday's game
Boston at Tampa Bay, 8 p.m.
Saturday's game
Boston at Tampa Bay, 1:30 p.m.
Monday, May 23
x-Tampa Bay at Boston, 8 p.m.
Wednesday, May 25
x-Boston at Tampa Bay, 8 p.m.
Friday, May 27
x-Tampa Bay at Boston, 8 p.m.

WESTERN CONFERENCE

VANCOUVER (1) vs. SAN JOSE (2)
(Vancouver leads 1-0)
Sunday's result
Vancouver 3 San Jose 2
Tomorrow's game
San Jose at Vancouver, 9 p.m.
Friday's game
Vancouver at San Jose, 9 p.m.
Sunday, May 22
Vancouver at San Jose, 3 p.m.
Tuesday, May 24
x-San Jose at Vancouver, 9 p.m.
Thursday, May 26
x-Vancouver at San Jose, 9 p.m.
Saturday, May 28
x-San Jose at Vancouver, 8 p.m.
x — if necessary.

SUNDAY

CANUCKS 3, SHARKS 2

First Period
1. San Jose, Thornton 3, 18:47
Penalties — Murray SJ (high-sticking) 9:09, Eager SJ (interference) 13:16.
Second Period
2. Vancouver, Lapierre 1 (Hansen, Torres) 1:49
3. San Jose, Marleau 4 (Boyle, Thornton) 8:44 (pp)
Penalties — Huskins SJ (hooking) 3:52, Raymond Vcr (holding) 7:44.
Third Period
4. Vancouver, Bieksa 2 (Burrows, H.Sedin) 7:02
5. Vancouver, H.Sedin 2 (Ehrhoff, Kesler) 8:21 (pp)
Penalties — Heatley SJ (elbowing) 7:34, Boyle SJ (holding), Lapierre Vcr (unsportsmanlike conduct-diviing) 17:36.
Shots

San Jose	10	12	7	—29
Vancouver	11	14	13	—38

Goal — San Jose: Niemi (L,7-6); Vancouver: Luongo (W,9-5). **Power plays (goals-chances)** — San Jose: 1-1; Vancouver: 1-4.
Referees — Stephen Walkom, Steve Kozari.
Linesmen — Jay Sharrers, Greg Devorski.
Att. — 18,860 (18,810) at Vancouver.

SCORING LEADERS

	G	A	PT
Kesler, Vcr	5	11	16
Datsyuk, Det	4	11	15
St. Louis, TB	6	8	14
Ward, Nash	7	6	13
J.Thornton, SJ	3	10	13
Purcell, TB	2	11	13
Couture, SJ	6	6	12
Lecavalier, TB	5	7	12
P.Bergeron, Bos	2	10	12
Boyle, SJ	2	10	12
Downie, TB	2	10	12
Giroux, Pha	1	11	12
Marchand, Bos	5	6	11
H.Sedin, Vcr	2	9	11
D.Sedin, Vcr	6	4	10
Horton, Bos	5	5	10
Krejci, Bos	5	5	10
Ovechkin, Wash	5	5	10
Cammalleri, Mtl	3	7	10
Ehrhoff, Vcr	2	8	10
Bergenheim, TB	8	1	9
Briere, Pha	7	2	9
Legwand, Nash	6	3	9
Burrows, Vcr	4	5	9
Moore, TB	2	7	9
Setoguchi, SJ	6	2	8
Lidstrom, Det	4	4	8
Gagne, TB	3	5	8
Heatley, SJ	3	5	8
Zetterberg, Det	3	5	8
Filppula, Det	2	6	8
Perry, Ana	2	6	8
van Riemsdyk, Pha	7	0	7
Selanne, Ana	6	1	7
Pavelski, SJ	5	2	7
Kelly, Bos	4	3	7
Marleau, SJ	4	3	7
Fisher, Nash	3	4	7
Holmstrom, Det	3	4	7
Recchi, Bos	2	5	7
Gragnani, Buf	1	6	7
S.Koivu, Ana	1	6	7
Laich, Wash	1	6	7
Peverley, Bos	1	6	7
M.Richards, Pha	1	6	7
Wellwood, SJ	1	6	7

TENNIS

WTA

INTERNATIONAUX DE STRASBOURG

At Strasbourg, France
Singles — First Round
Nadia Petrova (4), Russia, def. **Rebecca Marino, Vancouver,** 7-6 (4), 6-3.
Maria Kirilenko (5), Russia, def. Kristina Barrois, Germany, 6-2, 6-3.
Daniela Hantuchova (6), Slovakia, def. Johanna Larsson, Sweden, 6-3, 6-4.
Anabel Medina Garrigues (7), Spain, def. Melanie Oudin, U.S., 6-3, 6-1.
Laura Pous-Tio, Spain, def. Angelique Kerber, Germany, 6-4, 6-2.
Mathilde Johansson, France, def. Akgul Amanmuradova, Uzbekistan, 6-1, 6-1.
Bojana Jovanovski, Serbia, def. Alla Kudryavtseva, Russia, 7-6 (3), 6-3.
Jelena Dokic, Australia, def. Simona Halep, Romania, 6-2, 6-1.

BRUSSELS OPEN

At Brussels, Belgium
Singles — First Round
Casey Dellacqua, Australia, def. Shahar Peer (5), Israel, 6-1, 5-7, 6-3.
Klara Zakopalova, Czech Republic, def. Ksenia Pervak, Russia, 7-5, 3-6, 6-4.
Sofia Arvidsson, Sweden, def. CoCo Vandeweghe, U.S., 6-3, 7-6 (4).
Varvara Lepchenko, U.S., def. An-Sophie Mestach, Belgium, 6-3, 7-6 (3).

ATP

OPEN DE NICE COTE D'AZUR

At Nice, France
Singles — First Round
Pere Riba, Spain, def. Guillaume Rufin, France, 6-2, 6-2.
Victor Hanescu, Romania, def. Benoit Paire, France, 6-0, 6-1.
Denis Istomin, Uzbekistan, def. Olivier Rochus, Belgium, 6-2, 7-6 (5).
Pablo Andujar, Spain, def. Grigor Dimitrov, Bulgaria, 5-0 (retired).
Andrea Seppi, Italy, def. Edouard Roger-Vas-

MLB

BLUE JAYS 4, TIGERS 2

Toronto	ab	r	h	bi	Detroit	ab	r	h	bi
YEscor ss	3	0	2	1	AJcksn cf	3	1	1	0
CPttrsn lf	5	0	1	0	Dirks lf	2	0	1	0
Bautist rf	5	1	2	0	Raburn ph-lf	1	0	0	0
Encrnc 1b	5	1	2	0	Boesch rf	3	0	0	0
A.Hill 2b	4	1	2	1	MiCarr 1b	1	0	0	1
JRiver dh	3	0	0	1	VMrtnz dh	4	0	0	0
Arencii c	3	1	1	1	JhPerlt ss	4	1	1	1
RDavis cf	4	0	2	0	Avila c	2	0	0	0
JMcDnl 3b	3	0	0	0	Inge 3b	3	0	1	0
Santiag 2b	3	0	0	0					
Kelly ph	1	0	0	0					
Totals	**35**	**4**	**12**	**4**	**Totals**		**27**	**2**	**4**	**2**

Toronto	000	000	130	4
Detroit	100	000	001	2

E—Mi.Cabrera 2 (3). DP—Toronto 1. LOB—Toronto 9, Detroit 7. 2B—A.Hill (6). HR—Jh.Peralta (6). SB—A.Jackson (6). CS—Y.Escobar (1). S—Jo.McDonald, Inge. SF—Y.Escobar, J.Rivera, Arencibia, Mi.Cabrera.

	IP	H	R	ER	BB	SO
Toronto						
Drabek W,3-2	7	3	1	1	6	2
Rzepczynski H,5	1	0	0	0	0	0
F.Francisco S,4-5	1	1	1	1	1	0
Detroit						
Scherzer	7	8	1	0	1	2
Benoit L,1-3	1	4	3	3	0	0
Perry	1	0	0	0	0	0

Umpires—Home, Jim Reynolds; First, Mike Estabrook; Second, Mike DiMuro; Third, Tim Welke.
T—2:53. A—20,444 (41,255).

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	114	34	42	16	27	.368
Lind	128	19	40	7	27	.313
Molina	48	7	14	1	4	.292
Escobar	143	24	41	3	11	.287
Patterson	118	17	33	2	19	.280
Encarnacion	118	10	29	0	9	.246
Nix	45	7	11	2	5	.244
Davis	86	14	20	0	5	.233
Arencibia	105	10	24	6	15	.229
Hill	93	6	21	0	13	.226
McDonald	92	13	20	2	10	.217
Rivera	125	9	26	2	10	.208

PITCHERS	W	L	SV	IP	SO	ERA
Villanueva	1	0	0	22.1	17	1.61
Frasor	1	1	0	16.2	18	1.62
Janssen	0	0	0	16.2	11	1.62
Camp	0	1	0	21.0	11	2.14
Rzepczynski	2	0	0	17.2	18	2.55
Rauch	2	2	5	16.2	9	2.70
Francisco	1	0	3	9.0	12	3.00
Romero	3	4	0	51.0	51	3.35
Litsch	4	2	0	41.1	35	4.14
Reyes	0	3	0	41.2	30	4.75
Drabek	2	2	0	43.0	33	4.81
Morrow	2	2	0	26.0	37	4.85
Dotel	1	1	0	11.2	16	6.17

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Tampa Bay	24	17	.585	—
New York	20	19	.513	3
Toronto	21	20	.512	3
Boston	20	20	.500	3½
Baltimore	19	20	.487	4

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	24	13	.649	—
Detroit	22	19	.537	4
Kansas City	20	19	.513	5
Chicago	17	24	.415	9
Minnesota	12	26	.316	12½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	22	19	.537	—
Texas	21	19	.525	½
Oakland	20	20	.500	1½
Seattle	16	23	.410	5

Yesterday's results
Toronto 4 Detroit 2
Tampa Bay 6 N.Y. Yankees 5
Baltimore at Boston
Cleveland at Kansas City
Texas at Chicago White Sox
L.A. Angels at Oakland
Minnesota at Seattle
Sunday's results
Toronto 11 Minnesota 3
Baltimore 9 Tampa Bay 3
Texas 5 L.A. Angels 4
Chicago White Sox 4 Oakland 3
Boston 7 N.Y. Yankees 5
Kansas City at Detroit, ppd., rain
Seattle at Cleveland, ppd., rain
Today's games
All times Eastern
N.Y. Yankees (Nova 3-3) at Tampa Bay (Shields 4-1), 6:40 p.m.
Toronto (Litsch 4-2) at Detroit (Porcello 3-2), 7:05 p.m.
Baltimore (Britton 5-2) at Boston (Lackey 2-5), 7:10 p.m.
Cleveland (C.Carrasco 1-2) at Kansas City (Mazzaro 0-0), 8:10 p.m.
Texas (Harrison 3-4) at Chicago White Sox (Danks 0-6), 8:10 p.m.
L.A. Angels (Chatwood 2-1) at Oakland (G.Gonzalez 4-2), 10:05 p.m.
Minnesota (Liriano 2-5) at Seattle (F.Hernandez 4-3), 10:10 p.m.

CYCLING

TOUR OF CALIFORNIA

At Sacramento, California
(122.8-km from Nevada City to state capital)
Rain-shortened opening stage
1. Ben Swift, Team Sky, Britain, two hours, 47 minutes, 12 seconds; 2. Peter Sagan, Liquigas-Cannodale, Slovakia, same time; 3. Matt Goss, HTC-Highroad, Australia, s.t.; **4. Kevin Lacombe, Amos, Que., SpiderTech, s.t.;** 5. Juan Jose Haedo, Saxo Bank-Sungard, Arg., s.t.;
Overall Standings
1. Ben Swift, Team Sky, Britain, two hours, 47 minutes, two seconds (awarded 10 second bonus for winning stage); 2. Peter Sagan, Liquigas-Cannodale, Slovakia, four seconds behind; 3. Matt Goss, HTC-Highroad, Australia, 0:06; **4. Kevin Lacombe, Amos, Que., SpiderTech, 0:10;** 5. Juan Jose Haedo, Saxo

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	25	15	.625	—
Florida	23	16	.590	1½
Atlanta	24	19	.558	2½
Washington	20	21	.488	5½
New York	19	21	.475	6

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	24	17	.585	—
St. Louis	23	19	.548	1½
Milwaukee	19	21	.475	4½
Pittsburgh	18	23	.439	6
Chicago	17	22	.436	6
Houston	15	26	.366	9

WEST DIVISION

	W	L	Pct	GB
San Francisco	22	17	.564	—
Colorado	20	18	.526	1½
Los Angeles	19	22	.463	4
Arizona	17	22	.436	5
San Diego	17	23	.425	5½

Yesterday's results
Cincinnati 7 Chicago Cubs 4
St. Louis 3 Philadelphia 1
Atlanta 3 Houston 2
Washington 4 Pittsburgh 2
Florida at N.Y. Mets
San Francisco at Colorado
San Diego at Arizona
Milwaukee at L.A. Dodgers
Sunday's results
Arizona 4 L.A. Dodgers 1
Cincinnati 9 St. Louis 7
Atlanta 3 Philadelphia 2
San Diego 8 Colorado 2
Milwaukee 9 Pittsburgh 6
Washington 8 Florida 4
N.Y. Mets 7 Houston 4
San Francisco at Chicago, ppd., rain
Today's games
All times Eastern
Houston (W.Rodriguez 2-3) at Atlanta (D.Lowe 3-3), 1:05 p.m.
Pittsburgh (Morton 4-1) at Washington (Zimmermann 2-4), 1:05 p.m.
San Francisco (J.Sanchez 3-2) at Colorado (Jimenez 0-3), 3:10 p.m.
Chicago Cubs (Garza 2-4) at Cincinnati (Volquez 3-1), 7:10 p.m.
Florida (Nolasco 3-0) at N.Y. Mets (Niese 2-4), 7:10 p.m.
Philadelphia (Oswalt 3-1) at St. Louis (J.Garcia 5-0), 8:15 p.m.
San Diego (Stauffer 0-1) at Arizona (D.Hudson 3-5), 9:40 p.m.
Milwaukee (Wolf 3-3) at L.A. Dodgers (Kuroda 4-3), 10:10 p.m.

HOCKEY

IIHF

MEN'S WORLD CHAMPIONSHIP

Sunday's results
GOLD MEDAL
Finland 6 Sweden 1
Bronze Medal
Czech Republic 7 Russia 4

LACROSSE

NLL PLAYOFFS

CHAMPIONS CUP

Sunday's result

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	9	4	2	3	13	6	15
Philadelphia	9	4	3	2	6	6	14
Columbus	9	3	2	4	8	9	13
Houston	10	3	3	4	13	10	13
New England	10	3	3	4	9	12	13
D.C. United	10	3	4	3	13	18	12
Toronto	11	2	4	5	11	17	11
Chicago	9	1	3	5	12	15	8
Kansas City	7	1	5	1	11	17	4

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	12	5	2	5	17	12	20
Dallas	10	5	3	2	13	10	17
Real Salt Lake	7	5	1	1	9	2	16
Colorado	10	4	3	3	12	10	15
Portland	9	4	3	2	12	14	14
Seattle	11	3	3	5	13	11	14
Chivas USA	9	3	3	3	11	9	12
San Jose	9	2	4	3	10	11	9
Vancouver	11	1	5	5	12	16	8

Note: Three points for a win, one for a tie.
Sunday's result
Chivas USA 3 New York 2
Saturday's games
All times Eastern
Chicago at Philadelphia, 8 p.m.
New York at Houston, 8:30 p.m.
Los Angeles at Chivas USA, 10 p.m.
Sporting Kansas City at Seattle FC, 10 p.m.
New England at San Jose, 10:30 p.m.
Columbus at Portland, 11 p.m.
Sunday, May 22
Real Salt Lake at FC Dallas, 7 p.m.
Toronto FC at Colorado, 7 p.m.

NBA

PLAYOFFS

All times Eastern

THIRD ROUND

(Best-of-7 series)
EASTERN CONFERENCE
Chicago (1) vs. Miami (2)
(Chicago leads 1-0)
Sunday's result
Chicago 103 Miami 82
Wednesday's game
Miami at Chicago, 8:30 p.m.
Sunday, May 22
Chicago at Miami, 8:30 p.m.
Tuesday, May 24
Chicago at Miami, 8:30 p.m.
Thursday, May 26
x-Miami at Chicago, 8:30 p.m.
Saturday, May 28
x-Chicago at Miami, 8:30 p.m.
Monday, May 30
x-Miami at Chicago, 8:30 p.m.
WESTERN CONFERENCE
Dallas (3) vs. Oklahoma City (4)
Tonight's game
Oklahoma City at Dallas, 9 p.m.
Thursday's game
Oklahoma City at Dallas, 9 p.m.
Saturday's game
Dallas at Oklahoma City, 9 p.m.
Monday, May 23
Dallas at Oklahoma City, 9 p.m.
Wednesday, May 25
x-Oklahoma City at Dallas, 9 p.m.
Friday, May 27
x-Dallas at Oklahoma City, 9 p.m.
Sunday, May 29
x-Oklahoma City at Dallas, 9 p.m.

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Working their way back to the top

Canadian women back on ski jumps after Olympic dreams were put on hold in 2010 Own The Podium doubles money for ski jumping in 2011-12

The Canadian women's ski jumping team has relaunched following the news that it will be included in the 2014 Winter Olympics.

The women have a new coach, new recruits, more money from Own The Podium and have invited the sport's pioneers to get back in the game. All that has happened in the few weeks since International Olympic Committee approved the addition of the sport for 2014.

"We have more girls training with us now," said Taylor Henrich, 15. "I think it's become more competitive on the team."

"We're all fighting for spots to go to the Olympics now. It's a pretty demanding sport now. It's making me more motivated to be the best."
15-YEAR-OLD SKI JUMPER TAYLOR HENRICH

Ski Jumping Canada hosted recruitment camps in Calgary and, from the 150 who attended, chose a dozen girls between 12 and 15 to participate in dryland training this summer.

"If you are of slight build, you may have trouble competing in downhill, and ski jumping would be a perfect area for you, if you have the mindset to throw yourself off a ski jump at 90 kilometres per hour," said Brent Morrice, chairman of Ski Jumping Canada.

Girls from Calgary were recruited because it's the only city in Canada with the small developmental jumps required to teach the sport.

Ted Bafia, who revived the men's program and got Canadian men jumping in the Olympics again, is now at the helm of the women's squad.

"The girls we're getting now are very young," Bafia said. "It takes many years to develop them. It's not a short process, but we need to start now."

Own The Podium, which awards federal government money to sport federations based on medal potential, has more than doubled the ski jumpers' allotment for the 2011-12 season.

THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Ski jumper Taylor Heinrich, shown at Canada Olympic Park in Calgary, is ecstatic her sport has been recognized by the International Olympic Committee.

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Odds have Raptors picking No. 3

Draft not 'deep with stars', but GM expects 'impact players to emerge'

Bryan Colangelo beat big odds at the 2006 NBA draft lottery to win the No. 1 pick.

Toronto's chances of landing the top spot are significantly better this time around, and the Raptors are hoping their general manager is their lucky charm once again tonight, when the league holds its annual ping-pong ball affair in Secaucus, N.J. (TSN2, 8:30 p.m.).

The Raptors have the third-best chance — or 15.6 per cent — of winning the lottery, after finishing 28th in the 30-team league. The last-place Minnesota Timberwolves have the best shot at 25 per cent, followed by the Cleveland Cavaliers at 19.9.

Colangelo represented Toronto at the lottery in 2006, when the team had an 8.8 per cent shot at winning. The Raptors beat the odds and Colangelo went on to select Andrea Bargnani with the top pick that year. But the GM is not a big believer in good luck charms.

"I think I was the only one at the lottery in 2006 that didn't have a 'lucky charm.'"
RAPTORS GM BRYAN COLANGELO ON WINNING THE 2006 NBA DRAFT

"I have always found it ironic those teams holding said items that do not move up or even drop a spot or two end up going home with a 'not-so-lucky charm,'" he wrote in an email.

Duke point guard Kyrie Irving and Arizona forward Derrick Williams are the top two projected picks in this year's draft, while Turkish centre Enes Kanter is a favourite to go third.

The Raptors need size, and the six-foot-11 Kanter may be their best option. The 18-year-old is a physical player with considerable shooting range.

The draft is June 23 in Newark, N.J.

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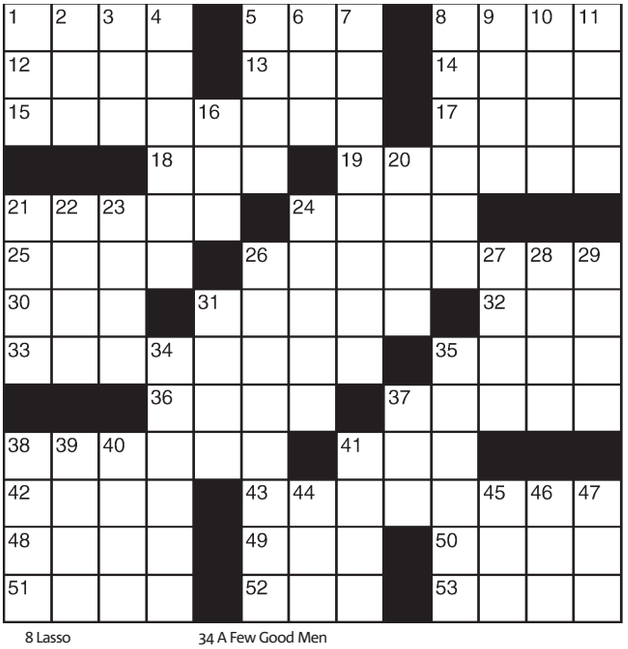

Across

1 Harmonization, for short
5 Floral neckwear
8 Burden
12 Twosome
13 Charged bit
14 Competent
15 Obvious
17 React to yeast
18 Second person
19 Tabloid worker
21 Necktie alternative
24 Vicinity
25 Bank transaction
26 Hunger
30 Emeril's shout
31 Figure of speech
32 Extinct bird
33 OK
35 Weaponry
36 British school
37 Beginning
38 Crazy one
41 Have bills
42 Once more, colloquially
43 Sweater decoration
48 Star Wars hero
49 Miler Sebastian
50 Pout
51 Lecherous look
52 Longing
53 Fill till full

Down

1 Resort
2 Puppy's call
3 Pinch
4 Colouring stick
5 Stead
6 A billion years
7 Crime-fighting group based in Lyon, France
8 Lasso
9 Final notice
10 As well
11 Antelope's playmate
16 Deteriorate
20 Consider
21 Actress Jessica
22 Laundry need
23 Bivouac
24 Pertaining to bees
26 Support of a cause
27 Don of radio
28 Color quality
29 Right on the map?
31 Tittle
34 A Few Good Men director
35 Layered rock
37 Hooter
38 Shoppers' mecca
39 Chills and fever
40 "Swoosh" company
41 Tournament format
44 "The Raven" writer
45 Sine — non
46 Last (Abbr.)
47 — out a living

▶ Yesterday's answer

B	O	G		S	T	E	E	D		H	A	M		
A	V	E		C	O	N	D	O		A	R	E		
H	A	L	L	O	W	E	E	N		L	E	T		
			E	T	E		M	O	O	L	A	H		
M	O	H	A	I	R		A	R	M	S				
A	B	A		A	E	R		S	I	T	B	Y		
P	O	L	O		D	E	B		T	A	R	O		
S	E	L	M	A		F	I	R		T	A	U		
		M	A	R	L		P	O	S	T	E	R		
C	H	A	N	C	E		O	D	E					
H	E	R		H	A	L	L	I	W	E	L	L		
A	R	K		E	V	I	A	N		E	Y	E		
D	O	S		S	E	E	R	S		K	E	G		

Sudoku

1		6				2		4
	2		9		6		5	
5			4		3			8
		8	1		4	9		
		3	7		2	5		
2			8		9			3
	6		2		7		8	
3		9				7		5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	6	9	3	1	7	8	4	5
1	5	4	6	8	9	3	7	2
7	3	8	2	4	5	9	6	1
3	9	6	1	5	2	4	8	7
5	8	2	7	6	4	1	3	9
4	1	7	9	3	8	2	5	6
8	4	1	5	9	6	7	2	3
6	7	3	4	2	1	5	9	8
9	2	5	8	7	3	6	1	4

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

justice, boo boos i love you soooo much you are my everything i never want you to leave
From **LAURA**

Hoa, You are amazing in every way sweet, your eyes, your lips you are perfect and beautiful muahhhhhh-hhhhhhhhh
From **DOUBLE**

Marcus, have a great 33rd birthday today. I can't wait to celebrate it on the long weekend.
From **ROMO**

Natty-bear, Natalie, I love you more than you could possibly know, I just wish you knew how much I do. You are the sweetest most beautiful girl I have ever met in my short lifetime. I hope we get to spend a lifetime and half together.
With love
From **JARE-BEAR**

Today
13°/11°
Showers
60%
Wednesday
17°/13°
Rain
80%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Financial security and emotional security are not the same thing.

♉ Taurus April 21-May 21 Don't be obsessive about events that are over and done with.

♊ Gemini May 22-June 21
Live each new day as it comes. Never look back.

♋ Cancer June 22-July 22 You will find yourself caught between rival viewpoints today

♌ Leo July 23-Aug.23 Call it as you see it today, because if you say things merely to impress others in authority your efforts could come unstuck.

♍ Virgo Aug. 24- Sept. 22 Once you understand the bigger meaning the little things will fall into place.

♎ Libra Sept. 23-Oct. 23 Make sure you know exactly what you are going to say before you open your mouth.

♏ Scorpio Oct. 24-Nov. 22 You don't take kindly to those who disagree with you.

♐ Sagittarius Nov. 23-Dec. 21
Smile, don't frown – it suits you so much better.

♑ Capricorn Dec. 22-Jan. 20 .
Avoid friends though if they get emotional.

♒ Aquarius Jan. 21-Feb. 18
There may be a conflict between your home life and your work commitments.

♓ Pisces Feb. 19-March 20.
The more people tell you that you are neglecting your duties the more you can be certain that it is right to neglect them

SALLY BROMPTON

Caption contest

DAPDTIMUR EMEK/THE ASSOCIATED PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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